Winnipeg metro

Your essential daily news | WEEKEND, DECEMBER 23-25, 2016 | High -6°C/Low -15°C Cloudy

CASSETTE COMEBACK

Indie artists rewind to retro trend

metroNEWS

Metro's Holiday Wish to you

THIS NEWS IS GOOD

After a year that felt like the world was more divided than ever, we've chosen to fill this edition with stories that bring us all together.

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metro NEWS

Your essential daily news

Rosemary Westwood: You can find happiness in the time of Trump. **World**

This news is *good*

Cathrin Bradbury
Editor-in-Chief
Metro News Canada

We are about to commit journalistic heresy. Today all seven editions of Metro are publishing only positive news stories. We've gone so far as to call it the happy edition.

Before every journalist in the country starts to hurl rocks at us, let me explain.

Earlier this year I visited Detroit. Like everyone else, I'd heard a lot about the city's comeback — crime is down, investment is up, and the Detroit Pistons are relocating from their suburban headquarters to join the city core. It was great to see it up close: At night people poured out of packed bars to walk through the well-lit downtown — 40,000 new streetlights and counting.

Still, it's not nirvana, or anything like it. The city's violent crime rate remains the second worst in the U.S. The wrecking balls go non-stop, but they can't tear down the burnt-out husks of buildings just a block or two off the main drag fast enough to keep up with the city's new idea of itself.

The local press isn't keeping up either. The major TV and newspaper outlets lead with crime news every day, still covering Detroit in a way that marginalizes the very place they are reporting on. The people who stayed in Detroit, and the ones who are coming back, have an ambition for their city and the media doesn't seem to be listening.

As a news editor, I took a message from Detroit. I started to notice how media here does the same grim reporting on Canadian cities, and it takes a toll on us just as much as our readers.

Managing editor Angela Mullins, who runs Metro Toronto and oversees all seven Metros across Canada, refuses to watch the local television news with her wife anymore because it's "so bloody depressing." A young Metro reader, 23, told me recently that she had come to hate the TV and newspaper coverage of her city. "It's only bad news."

We've had plenty of bad news this year. Six weeks ago we worked into the night covering the U.S. election. To say that we were on edge at the office the next day doesn't quite cover it. If a cat had walked by we would have flung it out into the cold and rain. And we like pets here — just look at our covers.

Ira Lamjca, Metro's Canada, World and Business editor, was particularly affected.

The story of how Ira, 26, immigrated to Canada from Albania when she was 8 was so inspiring we're going to launch a whole series around it next year. Sneak peek: A message in a bottle from Newfoundland honeymooners that washed up on the shores of her village started her saga.

Ira's bountiful optimism opens up a room. So when she sat down at the news desk and started to cry over the election results, it was tough. "This is much harder on me than I thought it was going to be. I don't know anything anymore. I don't know if what I'm doing matters anymore."

I didn't have an answer for her then, but her loss of purpose made me think about something Marty Baron said when he came into Star Metro Media to talk about journalism. Baron is the executive editor of the Washington Post and the editor on whom last year's Oscar winner Spotlight was based. God, in other words, to newspaper editors everywhere. Baron said that when people talk about your "brand" what they are really talking about is the soul of a news organization, something he spends a lot of time thinking about.

I've thought a lot about our soul at Metro since the U.S. election. What I can say now to Ira on this wintry day before Christmas is that maybe bad news is a given in a naturally adversarial media. But it needn't be the only given. Hope is as true as despair. Even with this week's terrible news out of Berlin and Turkey, columnist Vicky Mochama, who like Ira immigrated to Canada as a child, when she was 5 from Kenya, offered readers a way forward, urging us to do more, much more, and make welcoming refugees a way of life here. "Twenty-five thousand Syrians is not enough," she writes.

In 2017, Metro, in its optimistic soul, is committed to share with our readers the best version of our cities, and when they don't live up to that version, to push for solutions until they do. We'll continue to use the Metro Effect to drive positive change — as we have on issues such as pedestrian safety and affordable rent. When we don't like what we see — racism on our streets or women shut out of city boards — we'll keep telling you that Metro Ain't Having It.

And finally, we invite you, our readers, to embrace everyday activism and fight to make your cities the best they can be. And then we want to hear about it, so we can tell *your* story.

Happy holidays from all of us at Metro.

SAFE AT LAST HAPPIER TIMES FOR ALEPPO'S TWEETING GIRL Bana Alabed, known as Aleppo's tweeting girl, was feared dead after she stopped sending messages from the warzone. The seven-year-old was evacuated on Monday and she and her family are now safe in Ankara, Turkey. Here she is with her mother Fatemah, her father Ghassan and her brothers Nour and Laith on Thursday. AFP/GETTY IMAGES

MORE POSITIVE NEWS ONLINE

Because there is so much that we couldn't fit it all in the paper...

Rewinding in the digital age

MUSIC

Cassettes make a comeback among indie artists

Jessica Botelho-Urbanski
For Metro | Winnipeg

If you receive a playing card-sized piece of plastic this Christmas, don't be alarmed.

It's called a cassette tape and, oddly enough, it might be making a comeback.

The nostalgic music trend is getting a second spin thanks to (mostly) punk and indie artists releasing their music by tape, a fad that's left at least one local industry expert scratching his head.

"The thing with cassettes is they deteriorate over time, so the sound quality gets more and more muffled. Maybe it's more like an art project," said Garry Watson, co-manager of Into the Music, a new and used record store on McDermot Avenue.

Watson stocks much of the music seen in store and said he doesn't understand the appeal of rewinding to cassettes.

But his co-worker Barry Leib sees the tape double-take as refreshing, pointing to a copy of DJ Kinetik's Cosmik Freakout 2 — The Psykhe Psycho as one of his favourite tapes.

"It's a cheap way to get your album out. It makes sense to me … to keep the local scene alive," he said.

Into the Music carries tapes from international artists, like N.W.A. and Death Cab for Cutie, and homegrown labels, like Dub Ditch Picnic. Used cassettes occupy one corner of the store, touting greats like Mozart and Steely Dan.

Winnipeg artists are putting out cassettes as a tribute to the waning age of buying physical albums.

Indie-folk musicians Yes We Mystic and Micah Visser both put out cassettes recently, with Visser's 2016 EP, Forward, being released by local cassette label Birthday Tapes.

Though the nostalgia factor runs rampant, Visser said one of the reasons he got started with tapes is because it was cheaper than releasing CDs.

"I put it out more as a novelty thing acknowledging the fact that people who are buying it were more friends and family that were just going to want to support me," he said. "And then in return, instead of giving them a CD they were never going to play, I gave them a cassette that at least has some sentimental nostalgia attached to it."

Visser said he doesn't have a tape player, but still has a collection of 30 to 40 tapes.

It's a listening medium that never really disappeared, according to Birthday Tapes co-founder Austin Boulton, but simply became unpopular.

"It's so weird. People are always like, 'Oh, vinyl's coming back. Tapes are coming back.' Nothing really left. Nobody stopped making them," he said. "Every band that's touring in Winnipeg I've seen, they have tapes with them."

Birthday Tapes will release a mix tape called Birthday Wishes Vol. 1 at the Park Theatre on Dec. 28, featuring a slew of indie artists, including Orlando Gloom, Viewing Party and notme.

Into the Music's Barry Leib is a fan of cassette tapes, which he says could keep the local music scene alive. JESSICA BOTELHO-URBANSKI/FOR METRO

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The year cyclists took the wheel

TRANSPORTATION

A few of the developments activists fought for in 2016

Braeden Jones
Metro | Winnipeg

Over the past few months, Metro has tried to give bike advocates in Winnipeg a voice, which is a focus that will continue in 2017.

Oftentimes the issues relevant to this community are just that, issues — shortfalls in maintenance, literal (and metaphorical) gaps and the like. But that doesn't mean there weren't a few "wins."

Here are a handful of positive developments for the city's people-powered travelers:

1 Downtown grid discussion: It's not exactly moving forward at break-neck speed, but talk of an actual, honest-to-goodness complete grid of protected downtown bike lanes — the likes of which would make cycling a more viable choice for Winnipeggers — is really happening. Coun. Janice Lukes is leading the charge — look for more on this in the New Year.

2 Swallow your coffee before reading: Winnipeg led the way in something bike-related. In 2016, the Seven Oaks School Division, Green Action Centre, the WRENCH and Bike Winnipeg launched Canada's first bike safety program that's part of a regular school curriculum. The Bike Education and Skills Training (BEST) program has been such a ringing success in teaching kids safe road-riding that other school divisions are looking to peddle it soon.

3 Growing bike network: Bike Winnipeg Director Mark Cohoe and every other advocate in the city loves to point out where bike lanes are needed, but to give the city credit where it's due, there were a number of decent protected lanes installed in 2016 and more coming in 2017. Cohoe said active transportation (AT) components in the Arlington Bridge project illustrate a better attitude towards AT in the city, and he noted bike-lane wins on McDermot Avenue, Sherbrook Street, and fixes to the North Winnipeg Parkway as important developments.

4 Better data collection: In September 2016, the city began installing new bike and pedestrian counting devices in 40 locations to gather data on the AT community. The city has mainly relied on data provided by advocates in the past. The new data gathered will be useful in helping set AT project priorities and maybe prove the demand for or — success of — new infrastructure in some cases.

A Seven Oaks School Division student participates in a first-of-its-kind class bike lesson in Winnipeg last October. BRAEDEN JONES/METRO

CHARITY

Boxing Day marathoners brave the cold for Siloam Mission

Ultramarathoner Junel Malapad while out on last year's Boxing Day run. FACEBOOK

Whether Winnipeg is walloped by a Boxing Day blizzard or not, Junel Malapad is going outside for a run.

Not just any run, either, but 100 km.

Malapad — an ultra-bound stalwart of Winnipeg's long-distance running community — often invites others to join him on social training runs, and is doing just that on Dec. 26 while also fundraising for a good cause.

Online, Malapad has issued not only an invitation for people to join him along his lengthy route, but also a solicitation for donations to Siloam Mission.

"I threw it out there… 'Let's change Boxing Day to running day,'" he said, mentioning how he floated the idea to some runner friends.

One of his cohort, Mandi Jacobson, suggested he raise some money for the city's most vulnerable population while he's at it.

"So that's what it turned into, now I'm running to support Siloam," Malapad said.

Jacobson set up a Go Fund Me crowdfunding page, while Malapad drew up his intended route and invited runners to join him.

"The route is a 50-km triangular route all around Winnipeg, starting at 4 a.m. at The Forks," he said, adding he has friends joining him along the way.

He plans to post estimates to Facebook for where he'll be and when, so anyone else can join the fun. He also said anyone who isn't in the city for the holidays can feel like a part of the event by participating in running day with a workout and donation.

BRAEDEN JONES/METRO

GET INVOLVED

People can also give by donating socks, underwear, cash, coffee and toiletries at either the Regent Avenue Running Room, or Lulu Lemon Polo Park location by Jan. 7.

Slam dunk of a milestone

SPORT

50 years for University of Winnipeg's Wesmen Classic

Keila DePape
For Metro | Winnipeg

When it comes to keeping up holiday traditions, the Winnipeg Wesmen don't play around.

The University of Winnipeg's Wesmen Classic is celebrating its 50th anniversary next week.

The annual basketball tournament brings local high school teams and university men's teams from across Canada together to compete.

Billy Yaworsky is making his Wesmen Classic debut next week, after years of watching from the sidelines.

He lived abroad for the past few years, but now he's back to continue the tradition.

This time, he won't be a spectator.

"Winnipeg is my home, so it's nice to be back with family and playing for the home team," said Yaworsky.

The third-year business student says playing for such a landmark win adds pressure, but doesn't let it spoil the fun.

"It's right after the Christmas break so a lot of people have their families here, and they all come out and support. I've heard it's a good time," said Yaworsky.

Preparing for the tournament can be tough, with players writing exams and some out of town for the holidays. But Yaworsky says the team is ready.

The players will get a chance to relax over Christmas and Boxing Day, then it's back to the court to practise for their first game on Wednesday.

Vic Pruden, the tournament founder and former coach, says the tournament is less about competition and more about re-connecting with old friends and alumni over the holidays.

The 82-year-old is now happily retired.

"I'm just glad that I'm here for the 50th anniversary," said Pruden, laughing.

The tournament runs from Tuesday to Friday at the U of W's Duckworth Centre.

University of Winnipeg basketball player Billy Yaworsky is making his Wesmen Classic debut next week. CONTRIBUTED

WEEKEND FUN

3 things to do for holidays

Deep thoughts at the WAG

Need to unwind before you are knee deep in holiday festivities? Visit the Winnipeg Art Gallery where the sculpture Le Penseur, otherwise known as The Thinker, created by French sculptor Auguste Rodin, is on display. The gallery will be open Friday from 11 a.m. to 9 p.m. and on Saturday from 11 a.m. until 2 p.m.

Who's who at the zoo?

Wish the animals at Assiniboine Park Zoo a Merry Christmas. Other than being closed for Christmas Day, the zoo will be open during regular hours throughout the holiday season. Kids 12 and under can visit for free during the school break.

Go for a trek

Embark on a little Christmas Eve nordic walking at Fort Whyte Alive. It's free with regular admission. Head out between 10 and 11:30 a.m., get some fresh air and then pig out on stuffing after that work out. Fort Whyte Alive is located at 1961 McCreary Rd.

MICHELLE BAILEY/FOR METRO

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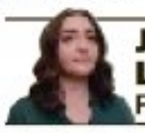
Make it Merry hopes to go national

SPREADING CHEER

Campaign gives Christmas cards to homeless



Josie Lukey
For Metro | Calgary

Barb Marshall is the creator of Make it Merry, a campaign where people are invited to handwrite Christmas cards for the homeless. JENNIFER FRIESEN/FOR METRO

It's Barb Marshall's favourite time of year.

No, it's not exactly celebrating Christmas — it's delivering more than 2,500 handwritten Christmas cards to Calgary's homeless.

As creator of Make It Merry, a campaign where individuals are invited to handwrite Christmas cards for delivery to three Calgary homeless shelters, Marshall said the generosity of Calgarians and individuals from across the globe is why the campaign exceeded their original goal of 2,100 cards.

"It's crazy — crazy in a good way of course, but amazing," said Marshall. "We've had cards come as far as Korea, Turkey, several from the U.S. and all across Canada."

Now, Marshall said she's calling up other agencies in the city to see if she can give them cards.

Last year, the organization only had a goal of 80 cards — they ended up receiving more than 1,200.

Next year, Marshall said she wants to go nationwide with Make It Merry, hoping to set up pilot projects in cities with homeless populations.

"The beauty of Make It Merry is that it's not only completely meaningful to give a handwritten Christmas card, but it's practically very feasible for anybody of any age, it's the cost of a stamp, if that," said Marshall.

Marshall says no one has ever refused a card from the campaign. Instead, Marshall said the campaign breaks down stereotypes and builds relationships between two strangers.

> "It's practically very feasible for anybody of any age, it's the cost of a stamp."
> Barb Marshall

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Roger Steele has been driving Edmonton buses for 35 years, helping those in need with a cup of java. KEVIN TUONG/FOR METRO

EDMONTON

When a heart of gold and a cup of java meet

Jeremy Simes
Metro | Edmonton

Edmonton Transit bus driver Roger Steele began to cry after reading the first line of a Christmas card he received from a mother of a young commuter.

"My son has mentioned you're so awesome and have been picking up the kids walking to school in the extremely cold temperatures," the card read. "Your kindness has not gone unnoticed … Merry Christmas!" But it's not the only card Steele has received.

"It's overwhelming," Steele said of the card.

Earlier this month, while driving, Steele supplied transit customers with hot Tim Horton's coffees and doughnuts. The temperature was -20C and he was celebrating his 35-year anniversary as a driver.

"It's a simple gesture. It doesn't cost much, especially in this city when it's frozen over," he said.

What Steele loves most about his job is meeting new faces.

He remembered he picked up a guy at 5 a.m. one morning near a ramp that connects to Yellowhead Trail.

"He shouldn't have been there," he said with a laugh. "He's got a story for me — he went on about how he was ripped off for a bunch of money. Anyway I whipped up to Tim's and bought him a java."

GOOD NEWS DIGEST

Positive stories from around the nation

Halifax wishes a Merry Christmas to Jeanette

The hand-written note on the beautiful purple orchids said it all. "Merry Christmas Jeanette, from someone who cares."

There was no name on the note. There didn't have to be.

The story of an 85-year-old Halifax woman being punched and dragged from her home in a scary attack Tuesday night angered many in our city, and moved some to want to help.

Metro received several requests from people wanting to send gifts and flowers to Jeanette MacDonald. We asked those wanting to deliver a thoughtful gesture to drop it off to us Thursday and we'd take it to her. MacDonald was very appreciative.

PHILIP CROUCHER/METRO HALIFAX

Black Girl's Magazine: For black girls, by black girls

In a world where pop culture rules, black girls are almost invisible.

That's what prompted the launch of Black Girl's Magazine — created by black girls, aimed at young female readers. Annette Bazira-Okafor is the driving force behind the new publication. She's been working with a group of young girls from the Greater Toronto Area, meeting regularly at her house to come up with story ideas.

KIM ZARZOUR/METROLAND

B.C. teen parents learn art of the lullaby

On their last day of school before the holidays, Rena Nadeau and Jordan Baptiste held their 10-month-old son Kaesen as a piano played through a classroom stereo.

"Know your Dada loves you, know your Dada needs you," a voice intoned soothingly. Baptiste, 17, wrote the lullaby to help get his son to sleep at night. But he said that he also hoped to change the way people see teen dads like him.

The lullabies are the result of song-writing sessions brought to their classroom by Andrea Unrau, a faculty member at the Sarah McLachlan School of Music, which also donated a keyboard and stereo.

DAVID P. BALL/METRO VANCOUVER

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Finding happiness in the time of Trump

Despite the real and metaphorical darkness, you can find joy in lovers, friends, neighbours, strangers and more

ROSEMARY WESTWOOD
From the U.S.

A Christmas-themed campaign sign during a rally with President-elect Donald Trump and Vice President-elect Mike Pence, in Orlando, Fla. on Dec. 16.
AFP/GETTY IMAGES

You can't say there wasn't magic, of a kind, in 2016.

Despite no applicable experience, a legacy of bankruptcy, ignorance and even hostility towards the U.S. constitution, a campaign built on lies and ego, and uttering the word "pussy," Donald Trump will be the next U.S. president.

If he's sniffing anything, it's gotta be pixie dust. But his powers, let's call them, have their limits.

Despite so-called post-Trump disorder, it's not the case that Trump can drain the entire country of joy. Despite the real and metaphorical darkness of the hour, you can, in fact, be happy in America.

It's perhaps easiest in a city like New Orleans, where a convivial outlook is practically required. Nothing stops les bon temps from rolling.

And it's not because the city has a whole lot to celebrate, from certain perspectives. To name just a few: Thirty-nine per cent of children here live in poverty. New Orleans had double the homicide rate of similar U.S. cities in 2015. The gap in prosperity between black and white residents has widened by 37 per cent since Hurricane Katrina hit in 2005.

But perhaps that's part of it. Perhaps the reality of many lives here requires more joy, demands that you dance down the street on Sunday, rain or shine, in a second line parade.

I see the lesson this way: Why not do what you can, everything you can, to love this life?

It's not the same thing as denial. Not at all. I'm a true Trump skeptic, a newly minted acolyte of journalist Masha Gessen and her argument that Trump's rule will be an autocracy, someone who believes Trump stands to worsen every single aspect of American public life his government touches, never mind the danger he poses internationally. I'm someone genuinely fearful for press freedom, equal rights, and the legislative free-for-all about to descend on the 32 Republican-controlled states.

But simply hating Trump and all that he stands for will do little to improve the chances of 2017. It's emotionally alluring political retail therapy, and utterly useless. Considering these purely bleak times is just another failure of imagination, and we've had quite enough of that for one year. It's also an insult to all people who have and are suffering, and yet cultivate pleasure in life.

In New Orleans, the first and best source of happiness is one another, lovers, friends, neighbours, strangers, meaningful relationships of any shape built on decency, kindness, and caring. Bask in them. Snuggle them like an anti-Trump security blanket. Say "I love you" an obscene amount of times, if that's your thing (yes, it's my thing).

The second best source of happiness, which New Orleans also has no shortage of, is meaningful work. Not necessarily your job, though it could be that. But something you do, some way you contribute to your community or country or world. Trump's election has sparked a wave of left-wing activist sentiment and unprecedented support for institutions like Planned Parenthood and the New York Times. It's reminded us that progress is earned. That every right we enjoy was fought and paid for. And that we need to work together.

I'll take my cue, in part, from Samantha Bee, who has been matching bulls— with belly laughs all year, and who recently sat down with, of all people, Glenn Beck.

"It's all of us, against Trumpism," she implored.

"I agree," Beck said. "We tear each other apart and we don't see the human on the other side."

And then they held hands — all four of them.

That, my friends, is magic, too.

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metro VIEWS
Your essential daily news
Weekend, December 23-25, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE RULES: HOLIDAY MEALS

In these troubled times, it's only polite to fight the good fight at your next festive family dinner — as long as you keep it clean.

It's been a crazy year, with the election in the U.S. and an upsurge of extremist declamations in Canada dividing many of us along class, race, economic and gender lines.

In spite of these differences, however, I believe in my heart of hearts that most of us, wherever we stand on the issues, ultimately want to come together. Granted, this will require a heroic amount of listening, humility and empathy, and I'll be the first to admit that those qualities don't always come easy.

Further complicating things is that proper etiquette doesn't always mean keeping your mouth shut.

It's all well and fine to smooth things over at a holiday dinner when someone spills gravy or passes gas during the meal. But the truly well-mannered person will never stay silent when others promote false or hateful ideas in public or private.

This doesn't mean you get to yell and scream, or throw punches, or deliberately spill the gravy over a disagreeable relative's head.

It does mean you have a moral imperative to speak up and address problematic statements if they arise. For example, it's perfectly polite to say things like:

"Those numbers are false."

"That story is false."

"That statement is homophobic/sexist/racist."

"That kind of language is unacceptable."

"We listened to you express your views, and I'd ask that you now listen to me/him/her with the same courtesy."

At this point, the argument will take one of two paths. The first possibility is that one of the arguers will prove themselves to be incapable of mutually respectful discourse and dissolve into a toxic puddle of insults and wilful ignorance. So be it. Once you have fulfilled the moral imperative of calling them out on blatant falsehoods and un-Canadian slurs against marginalized groups, there's no point in further engagement. You may withdraw from the ring, and even walk away from the table if they keep punching below the belt.

Now, you might ask: why bother calling them out at all, if you know they're going to react this way? Obviously, such a dirty fighter will never change their game. But it's important to make them aware their position isn't inviolable. If everyone is silent when people tell lies and sling slurs, it reinforces the idea all round that such behaviour is acceptable.

Ideally, the dinner-table fracas will take the second path: a fair fight where all parties are willing to listen to one another, and maybe even willing to keep an open mind about their own position.

In this case, you might want to say something like: "I'm genuinely curious about where your views come from, and why you believe the things you're saying. What is it you're most worried about, or afraid of?" You should also consider your own answer to this question.

By the time it's all over, assuming everyone is still at the table, no one is in tears and there's more food inside all of you than on the walls, you might want to indulge in a little speechifying.

We are so lucky in Canada. Most of us live with such privilege — we're safe from war, hunger, poverty. We have health care and a social safety net. Sure, we have problems, like any other society. But overall we're justifiably envied by the rest of the world for our tolerance of others, our good manners, our beautiful country and our peaceful, well-ordered, proudly multicultural communities.

We've achieved more here than any other civilization in history, but it's fragile. To preserve everything that's precious, we need to find a way to work together, to allay the fears, to stop anyone from feeling marginalized or exploited or unheard.

The fact is, we have so much more in common than the prejudices that divide us.

Happy holidays, from everyone at Metro.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

A Christmas tradition like no other: Catharsis by jigsaw puzzle

My father doesn't ask his family for much.

He really likes 1,000-piece puzzles, and each year we gather around to help. Instead of presents, we give each other tiny pieces of stress that "look like the corner of that air balloon or maybe that one instead."

This quaint family Christmas scene is actually a seething mess of emotions. It's not Christmas until someone has accused my mother of sabotaging the family by moving the puzzle. And it's not confined to our family. If you walk through our house at any point during the holidays, you will get dragged into the Puzzle Problem. The cost of a free meal and good company at Casa Mochama is at least one hour bent over a puzzle.

My father, a statistician, isn't excited by much — besides his kids (50 per cent of us, 50 per cent of the time) and complex math jokes (see above). He is so ecstatic over this year's puzzle that he sent a warning text. When I ask one of my sisters how she feels her reply is "Noooooo!"

"Because last year Tyler and I couldn't get to sleep because we had to keep going." Last Christmas, she and Tyler were engaged. Puzzle vortex aside, he still said, "I do."

"Puzzles will ruin my marriage," my sister complains.

This clearly isn't my dad's gambit at family unity. Even if you wake up early when all through the house not a person is stirring, you'd better assemble a corner or you risk being kicked out of the house. Once you're conscripted to serve in the Puzzle Platoon, there is no escape. When it comes to puzzle completion, my father is a drill sergeant.

Yet the whole miserable slog is kind of useful.

Instead of a manufactured atmosphere of joy (unless your family are opera singers, no one enjoys carolling together), it is much healthier to go through the stages of grief with family and friends.

We start with the denial that we're going to get caught up in it. Not this year, man, not me. I'm here to read books and eat my weight in stuffing. Soon after, anger descends: In different and unprintable ways, almost everyone expresses that "this is a really stupid idea."

Next, bargaining. If only we'd picked the 500-piece puzzle about a farm, we could eat dinner before midnight. Then depression sets in: Life itself is a puzzle with an infinite number of pieces and, thus, nothing can be solved. The wine comes out.

Finally, acceptance. It is only a puzzle, not the end of the world. But if the apocalypse is nigh, what better group of people to be toiling over a puzzle with?

A puzzle might one day break our family apart, but we're emotionally ready for it.

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MOVIES MUSIC TELEVISION DIGITAL

Snow business like show business

IN FOCUS

In Hollywood, you really do have to fake it to make it

Richard Crouse
For Metro Canada

On a film set the
weather is frightful;
But on screen
it's so delightful;
And since snow
in July is a no go;
Let it fake snow! Let it fake snow!
Let it fake snow!

Are those beads of sweat on Santa's brow? It just might be. Movies set at and released during the Christmas season are usually shot when most people are wearing bathing suits, not parkas. So how do you make it look a lot like Christmas? Fake snow — i.e. cellulose flakes, snow sheets, snow blankets, acrylic icicles — and lots of it. Here's a look at how Hollywood creates sleigh ride in summer.

1. Snow Business Hollywood, a leader in providing fake snow for film production, says they have 168 products used to create screen snow. What's the advantage to filmmakers of using artificial snow on a film set? "You can control it," says owner Roland Hathaway. "Also, you're never dealing with the cold weather."

Snowing in the south of France in May? Hollywood can make it happen. Actors Jim Carrey, Robin Wright Penn and Colin Firth frolic in flurries of fake snow bought in for the Cannes Film Festival premiere of A Christmas Carol in 2009. GETTY IMAGES FILE

2. To create the sound of swirling snow heard on Hoth in The Empire Strikes Back, Foley Artists recorded surf sounds and tinkered with the sound by raising and lowering the volume. The Empire Strikes Back was shot at Elstree Studios, Borehamwood, Hertfordshire, England, the same film studio where The Shining was made. As a result, much of the fake snow used for Kubrick's film was also used for the Hoth scenes.

3. Asbestos was often used as fake snow in Hollywood in the 1930s and 40s. The White Christmas sequence in Holiday Inn — showing Bing Crosby singing the classic tune amid the falling snow — exposed the cast and crew to asbestos fiber.

MOVIE RATINGS by Richard Crouse

Passengers	★★
Sing	★★★
Assassin's Creed	★★★
La La Land	★★★★
Fences	★★★★
Why Him?	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

4. The "snowy" maze near the conclusion of The Shining consisted of 900 tons of salt and crushed Styrofoam.

5. Fake snow was also used during the uncharacteristically snowless Denver shoot for Die Hard 2. Huge air fans had to be brought in to replicate snowstorm conditions.

6. Fake snow is obvious in The Santa Clause when a SWAT officer slips and falls on a set of steps, causing the snow to warp. It's obviously a snow blanket and not snowflakes, either real or fake.

7. It's a Wonderful Life was shot in the sweltering heat of a Los Angeles summer in 1946, necessitating the need for fake snow. Instead of using cornflakes painted white — which was loud when stepped on — director Frank Capra and RKO studio's head of special effects Russel Sherman invented a quiet — and sprayable — version by mixing foamite with sugar, water and soap flakes to create the winter wonderland of Bedford Falls.

8. The usually snowy Minneapolis/St. Paul International Airport was chosen as the location for the field and terminal scenes in Airport but the film's producers had to use bleached sawdust as a supplement, to make up for the lack of falling snow, until a snowstorm hit the Twin Cities area during the production of the film.

9. A "beginner" model movie snow machine will set you back about $1,584.02.

10. To create blowing snow for a scene, throw laundry soap flakes or instant potato flakes in front of a powerful fan. Be warned! Soap flakes can make the set slippery. To make a snowy ground, mix 1 1/3 cups of liquid starch, 4 cups of laundry soap flakes and several drops of blue food colouring. To add a sparkling effect, add glitter.

Secrets behind the La La Land moves

ROUTINES

Choreographer says months of training went into dances

Choreographer Mandy Moore was lying under a car on the hot pavement while more than 100 dancers above her twirled through gridlocked LA freeway traffic during the opening number of La La Land.

The sequence was months in the making — the most complicated ever undertaken by Moore, who's been creating routines for TV's Dancing With the Stars and So You Think You Can Dance for years.

"I'm going to call it hashtag panic attack," the Emmy-nominated choreographer said of the freeway routine, which required dozens of cars, several stuntmen, 30 professional dancers and more than 100 extras to have perfect timing during long takes.

She had to be close enough to call out cues but couldn't be seen on camera, so she hid under a car, watching on a wireless monitor. She could feel the magic from there when they got the shot.

"I still get goose bumps when I think about it," she said.

Creating that show-stopping (or starting) number and the celestial routines Ryan Gosling and Emma Stone perform in La La Land wasn't Moore's only role in the dreamy musical. She also spent months personally teaching the stars to dance.

A tribute to Old Hollywood and modern Los Angeles, the film is a love story set to original music, with Stone and Gosling dancing together throughout.

Each started with individual lessons at a small studio in Burbank, California — not far from the restaurant where their characters, Mia and Sebastian, first meet onscreen. Moore began with the same basics she would for any new student: connecting movement to music and repeating classic jazz, tap and waltz patterns. Along the way, she worked to build "a general love of dance" in the actors.

Stone picked up the footwork first, Moore said, then focused on style and delivery. Gosling was the opposite.

"With Ryan, he was like, 'I don't know what step you're doing, but if you give me the style...'" she said.

"Her job is to kind of see the diamond in the rough," Gosling said, calling his teacher "a wonderful person and choreographer."

"She's very confident she can get it out of you if you'll stick with her."

Once they got the basics down, Moore put the stars together and taught them Mia and Sebastian's moves,

For La La Land writer-director Damien Chazelle, the most important thing about the choreography was that it be "as much about character as about bodies moving."

THE ASSOCIATED PRESS

Creating show-stopping numbers for Ryan Gosling and Emma Stone in La La Land wasn't choreographer Mandy Moore's only role in the dreamy musical. She also spent months personally teaching the stars how to dance. THE ASSOCIATED PRESS

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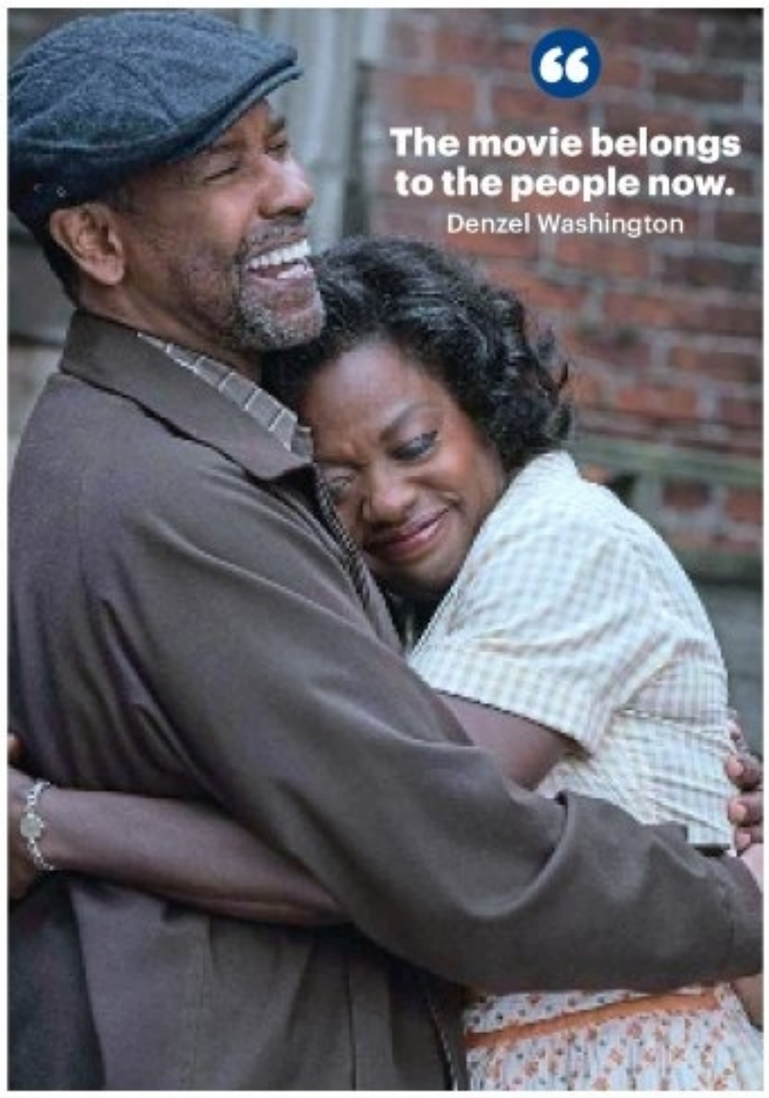

Denzel Washington and Viola Davis reunite in the film adaptation of Fences, opening on Christmas Day. They both won Tonys in 2010 for playing the same characters in the August Wilson play, which examines race relations in 1950s Pittsburgh. THE ASSOCIATED PRESS

Washington can finally breathe easy about Fences

INTERVIEW

Tough calls made in play's first big screen adaption

Denzel Washington is feeling pretty good at the moment. It's mid-December in Los Angeles, Washington is a few weeks shy of his 62nd birthday, and the Screen Actors Guild has just recognized his adaptation of the August Wilson play Fences for its ensemble cast. He's also finally getting feedback from audiences as the film trickles out to theatres before opening wide on Christmas Day.

The ease around it is relatively new. He knew he had the goods, of course. Fences, Wilson's 1983 play about an African American family in 1950s Pittsburgh, had already won the Pulitzer Prize, Tony Awards for the original Broadway cast, and another batch of Tonys for Washington and Viola Davis in their 2010 revival. But, it would also be the first big screen adaptation of a Wilson play, and only Washington's third time behind the camera.

"Going into the film, that's when there was pressure. It was like, 'That all worked, everything worked. Don't mess it up!"' says Washington. "My concern was, first, August Wilson and, second, my actors. And the Screen Actors Guild said, 'We recognize that.' So I was happy. I've kind of relaxed a little bit. And there's nothing you can do about it anyway! The movie belongs to the people now."

The few critiques that have been lobbed at the film about Troy Maxson (Washington), his wife Rose (Davis) and their family have zeroed in on that old idea that when you bring a play to the big screen, the director should "open it up" and disguise its essential play-ness. Washington hates that as criticism of his adaptation, and he gets especially animated about it.

"I did it this way on purpose because August Wilson is first, not, 'Hey! Denzel!"' Washington says, edging out of his seat. "I can do all that. I can do ALL that. That whole big speech he made? I could have been pushing in on me. I could have done that. That's easy!"

Washington's choices to represent Wilson's material were more subtle and informed by the story and what he calls the music of the rapid-fire dialogue. In some instances, he does take it beyond the backyard where the play is set. But all those suggestions, he says, were right there in the screenplay — which Wilson wrote the bulk of before he died in 2005.

"A movie is like a home with all the different rooms. But if you overdo each room too much, it's not pleasant," Washington says.

The most difficult decisions he made during filming and editing were which actors to shoot and when. It's something that you don't have to decide in a play, when everyone can see everything happening. In some cases he extended scenes, cutting to another person in the kitchen overhearing something, or lingering on Davis for a beat instead of closing out the scene immediately. In others, he could increase the physicality of the moment.

To visualize things better, Washington, recalling Sidney Lumet's advice, staged a two-week rehearsal. He rented out a big church in Pittsburgh, blocked out all the sets using tape on the floor, and hired understudies to be off book. It would allow him and his director of photography, Charlotte Bruus Christensen, to walk around, see all the action happening and figure out the shots from there.

"Nothing beats the confidence of having done it and having been rewarded for it. Viola Davis is not suddenly going to lose the performance somewhere between 2010 and now," he says. "So when the band got back together and we started reading we were like, 'Oh yeah, we can still play."'

For the really tough calls, Washington says he would consult the spirit of Wilson in his sleep. Wilson's intent was always top of mind. THE ASSOCIATED PRESS

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Magic of Rapa Nui

The striking statues found all over Rapa Nui — better known as Easter Island to westerners — are nine metres high, weigh 14 tons, and are shrouded in mystery. AURÉLIE RESCH/FOR METRO; ISTOCK

PACIFIC

Easter Island's statues hold key to its secrets

Aurélie Resch
For Metro Canada

I am four. I stare unblinkingly at the candle I just made with my mother. It is an impressive, stern face with a long nose and a big forehead.

"These statues can be found on Easter Island, far away from here in the middle of the Pacific Ocean," my mother tells me. I never lit the candle. I stared at it. For a long, long time.

Forty years later, I gaze at the Moaïs lying down on the grass.

I'm in the "Pacific's navel" on a tiny island located 3,700 kilometres from Chile and 4,000 km from Tahiti — Rapa Nui for natives, Easter Island for westerners, and best known for its monolithic sculptures that first appeared here between the years 1,250 to 1,500.

Tavi, my guide at Explora and a native from the island, takes me on hikes every day to meet these impressive statues.

"Rapa Nui is all about mystery and legends," he says.

He explains that the nine-metre high heads (weighing some 14 tons) were sculpted out of the volcanic rock from the Rano Raraku volcano we just climbed. They were moved to villages and erected turning their back on the ocean. Moaïs represented the souls of brave warriors, looking after their family and their people.

"The ones lying down the ground fell during the transport. They couldn't be erected," Tavi says. "They needed to be perfect for that."

I look at the abandoned, expressionless faces and I somehow feel sad. They never made it.

Tavi tells me about the birdmen legend. Natives used to dive from a little rock we can see in a distance. They swam and fought with sharks before they reached the little rock where sacred birds laid their eggs. They would bring one back up the cliff to the Make-make god and then be appointed chief of their tribe.

I didn't dive from the cliff into the ocean, but I did swim with sea turtles, who appear on hieroglyphs scattered on the island.

They seem to swim to the shore where the sentinels are keeping the island's secrets.

IF YOU GO

Getting there
Copa Airlines takes you from Canada to Chile via Panama. Latam takes you from Santiago, Chile to Rapa Nui.

Where to stay
Explora Rapa Nui is a luxury ecolodge nested in the land. Explora offers many excursions through the islands conducted by native knowledgeable guides.

metro SPORTS

Toronto FC forward Jozy Altidore has won the U.S. Player of the Year Award for the second time

Canada looks to set pace with its speed and grit

WORLD JUNIORS

Hosts have not allowed a goal in first two exhibition tilts

16

The number of times Canada has won the event since its inception in 1977.

Playing on home ice with a team built for speed and tenacity could be a winning combination for Canada at the world junior hockey championship.

While Canada is missing teenage stars like Connor McDavid and Mitch Marner, who have already graduated to the National Hockey League, their closest rivals will also be without top talent at the tournament, which runs from Monday to Jan. 5 in Toronto and Montreal.

Coach Dominique Ducharme brings a team four lines deep in scoring ability with a decent defence and what they expect will be better goaltending with Carter Hart and Connor Ingram than the Canadian side that was eliminated by Finland in the quarter-finals of last year's world juniors in Helsinki.

Canada has five players back from that team: forwards Dylan Strome, Julien Gauthier, Mitchell Stephens and Mathew Barzal and defenceman Thomas Chabot. Forwards like Quebec league goals leader Mathieu Joseph, 2016 third-overall draft NHL pick Pierre-Luc Dubois, Ontario Hockey League scoring ace Taylor Raddysh and University of North Dakota digger Tyson Jost should give them four lines that can provide offence.

"Our pace and our skill and how hard we work, we put those three things together and it really works well," Jost said this week. "We're also a tight group off the ice and that benefits us on the ice.

"One thing you really need in a short competition is for everyone to be close off the ice. You can see that in our dressing room."

Canada will be the favourite on the NHL-sized rinks at home, where it won two years ago when the event was also held in Toronto and Montreal. It was the only medal Canada has won in the last four world juniors, with the other three played on international-size ice in Europe.

The United States, learning that scoring ace and Vancouver Canucks prospect Brock Boeser will sit out with a wrist injury, should also be in the hunt along with Finland, Russia and Sweden.

Besides McDavid and Marner, Canadians who are eligible but weren't loaned for the tournament include defenceman Jakob Chychrun and forwards Travis Konecny, Anthony Beauvillier and Lawson Crouse.

The Americans are also missing Auston Matthews, Matt Tkachuk, Zach Werenski and Noah Hanifin, while Finland is without the top three scorers from last year's tournament — Patrik Laine, Jesse Puljujarvi and Sebastian Aho.

Even some top draft-eligible prospects like Canada's Nolan Patrick and American Casey Mittelstadt are out with injuries, but there are other 17-year-olds expected to go high in the 2017 draft to watch, such as Nico Hischier of Switzerland, Czech forward Martin Necas, Sweden's Elias Pettersson and nine young Finns including Eeli Tolvanen, Miro Heiskanen, Juuso Valimaki and Urho Vaakanainen.

There is also 16-year-old Swedish defenceman Rasmus Dahlin, who some see as the first overall draft pick in 2018.

THE CANADIAN PRESS

Canada's Taylor Raddysh scores against Finland goaltender Veini Vehvilainen during exhibition action in Montreal on Monday. Canada won 5-0 and followed that up with another 5-0 win over the Czech Republic on Wednesday. GRAHAM HUGHES/THE CANADIAN PRESS

> **We're coming together ... The chemistry's building and that's a good thing for this tournament.**
> Canada captain Dylan Strome

IN BRIEF

Warriors' Green gets early Christmas gift in baby boy

Draymond Green returned to the Bay Area on Thursday to welcome his new baby boy.

Draymond Jamal Green Jr. was born at 3:55 a.m. Thursday, the Warriors said, and his father was set to miss Golden State's game Thursday at Brooklyn. His status for Friday's matchup at Detroit and Sunday at Cleveland was still to be determined.

Green leads Golden State in rebounds (8.8), assists (7.2) and steals (2.3) while averaging 10.6 points. THE ASSOCIATED PRESS

Jones to return to Falcons lineup against Panthers

Atlanta Falcons coach Dan Quinn says star wide receiver Julio Jones will play Saturday at Carolina after missing two games with a toe sprain.

Jones' return was expected after he ran full speed at Wednesday's practice.

Jones still leads the NFL with 1,253 yards receiving. THE ASSOCIATED PRESS

Thompson wins ski cross World Cup tour

Marielle Thompson ended up as the overall winner of the Audi FIS Ski Cross World Cup Cross Alps Tour after a fourth-place finish in the final race of the series on Thursday.

The native of Whistler, B.C., won three of the tour's six races. THE CANADIAN PRESS

OLYMPICS

Canada to review funding 'to achieve even better results'

Penny Oleksiak led the Canadian charge in Brazil this past summer by winning four medals. GETTY IMAGES

Canada proved in 2016 it could compete with the world's top summer sport countries, equalling its best showing at a non-boycotted Summer Olympics with 22 medals at the Rio Games.

Four gold was the most for Canada at a Summer Olympics since the country won seven in 1992, and after falling short of the goal of a top-12 finish in the overall medal count in both 2008 and 2012, Canada finally cracked the top 10 in Brazil (10th).

Despite the success, the system that helped put Canadians on the podium is under scrutiny.

Canadian taxpayers are the largest investor in their high performance athletes to the tune of almost $200 million annually.

Own The Podium makes funding recommendations directing $70 million — about $6 million of it comes from the Canadian Olympic Committee — to sport federations whose athletes demonstrate medal potential.

The strategy is called "targeted excellence" and is defined as identifying "a subset of athletes and/or teams that have a high probability of attaining stated desired Olympic and Paralympic performance results, and to provide them with focused support and funding to attain those results."

> **The government of Canada's decision to deploy a targeted excellence approach has delivered in spades.**
> Own The Podium CEO Anne Merklinger

In other words, the money and resources are doled out based on the ability to produce medals.

The Department of Canadian Heritage, with Sport Canada under its umbrella, is currently reviewing targeted excellence among other aspects of the sport system.

The government decided it's time to look at whether the sport system is getting desired results affordably and if it is adapting to changing needs.

"Fourteen years ago we thought this was a good idea, this was the path and this was a cutting-edge approach to high-performance sport internationally," Minister of Sport Carla Qualtrough told The Canadian Press in 2016.

"So like any coach will tell you we need to keep reviewing the game plan. Medal performances say how well we've done under this particular plan, but maybe there's a different direction we need to go to achieve even better results next time."

THE CANADIAN PRESS

Spicy Shakshuka

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This one-pan dinner is just the thing when you need a quick and easy way to dinner.

Ready in 40 minutes
Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients
- 2 Tbsp olive oil
- 1 onion, diced quite fine
- 3 or 4 cloves garlic, minced
- 1 tsp paprika
- 1/2 tsp ground cumin
- chili flakes (optional)
- 1 can (28 oz) whole tomatoes
- 1 Tbsp tomato paste
- Salt and pepper
- 6 eggs
- 1/4 cup crumbled feta
- Handful of chopped basil or parsley

Directions

1. Heat oil in a high-sided frying pan over medium heat. Add onion and garlic and let them begin to brown. Add the paprika, cumin and a pinch of chili and stir. Let cook about 3 minutes.

2. Pour in tomatoes and tomato paste and gently break them up. Allow sauce to simmer 20 minutes. Add salt and pepper to taste.

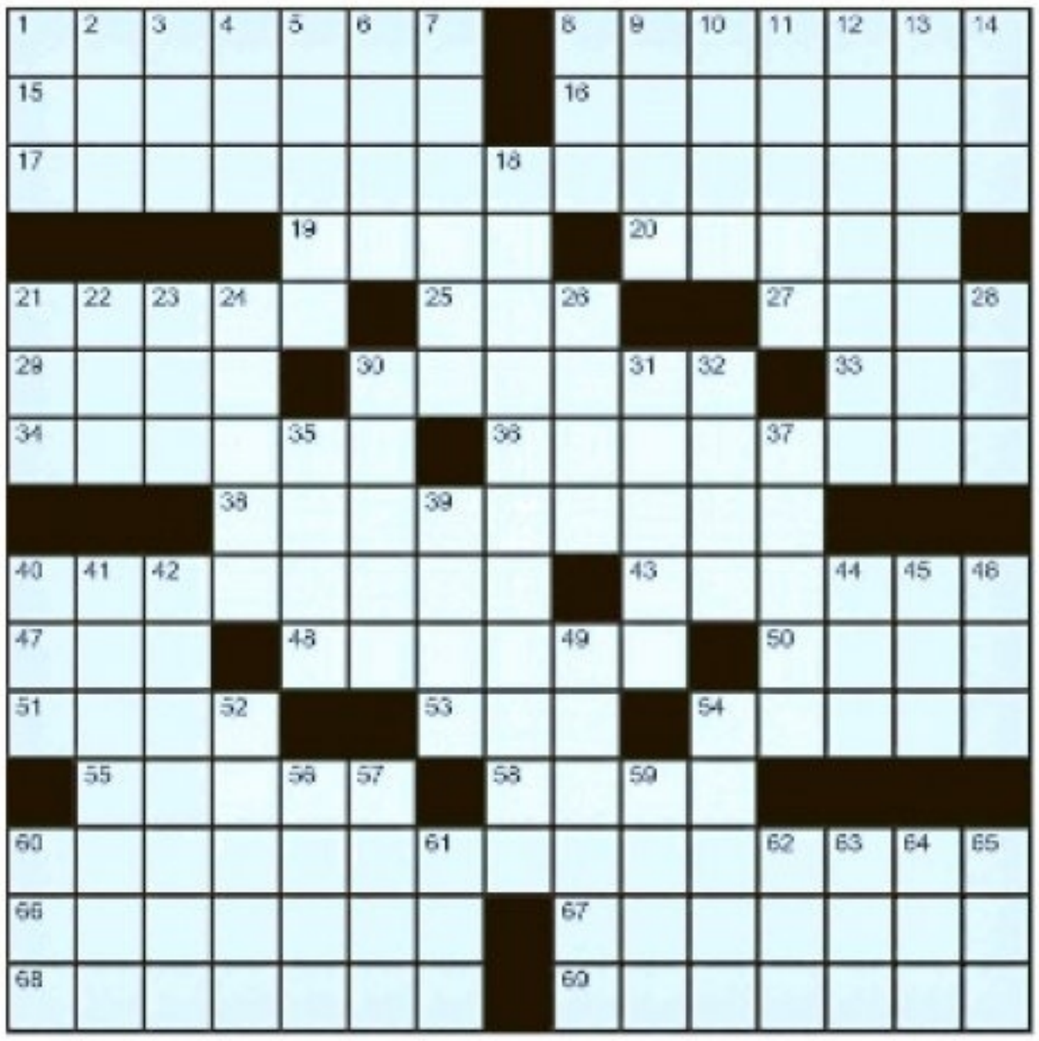
3. Spread sauce evenly across frying pan. Crack eggs over the sauce (I usually place five in a circle around the pan and one in the centre). Cook about 6 or 7 minutes.

4. Crumble feta and basil or parsley over the top. Shimmy a serving spoon under each egg to scoop out of the pan. Serve with crusty bread and some steamed vegetables.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Traditional spinning toy at Hanukkah
8. The Beatles: 2 wds.
15. Without exceptions: 2 wds.
16. Tiding up type
17. To-the-table feast ware: 2 wds.
19. Shakespeare King
20. "__ I care!"
21. Compassion
25. Mr. Danson
27. Smirch
29. 'Within'-meaning prefix
30. Saskatchewan export
33. SNL's Canadian creator's initials-sharers
34. Rock tour gig
36. Traditional toy gift: 2 wds.
38. Yuletide yummy: 2 wds.
40. Gift's version of a cake's cherry: 3 wds.
43. New Brunswick's provincial tree, __ Fir
47. 'Love' in JLo's 'Papi' song
48. Ms. Silverman's
50. Chad or Rob
51. Home bill, e.g.
53. "The Simpsons" storekeeper
54. "__ Hope" (Old soap opera)
55. Dome-shaped Buddhist shrine
58. Single-named fashion model
60. "Office Christmas Party" (2016) star: 2 wds.
66. __ of Aquitaine, "The Lion in Winter" (1968) character
67. Like really dry skin
68. James Joyce's Dublin-set 1922 novel
69. Bee participant

DOWN
1. Posh Spice's hubby ...his initials-sharers
2. Arctic explorer John
3. Be off
4. Bill [abbr.]
5. Lacy piece on furniture
6. -ette cousin
7. Smoothly, in music
8. Gladiator's 1150
9. Spanish beach 'waves'
10. Rocker Mr. Wentz
11. The __ ("Soap" family)
12. Playwright Eugene's family
13. Fragrant holiday gift
14. Jrs. dads
18. Roy Orbison Christmas song (which Willie Nelson wrote) that goes "Wrap your presents to your darling from you...": 2 wds.
21. Sea: French
22. Antacid brand
23. Dietary letters
24. Newfoundland comedy troupe that had a same-named CBC sketch series
26. Jeanne _'__
28. Alphabet trio
30. 'Five'-meaning prefix
31. Swedish cars
32. Susan Aglukark's "__ Na Ho (Celebration)"
35. Mr. Fleming's
37. Ms. Furtado
39. Literature: David Copperfield's first wife
40. Songstress Ms. Cantrell
41. Do better than the other realtors
42. Ms. Houston
44. "__ guy walks into..." (Classic joke intro)
45. Grass appendage
46. Not yous
49. Mankind members
52. Belonging to Rome's moon goddess
54. Marie Antoinette, par exemple
56. Fastened-to-clothing jewellery
57. "...friend or __?"
59. In-a-row letters
60. 'Game' in Gaspe
61. Initials-sharers of Oscar-winner Julia's actress niece
62. Roman sun deity
63. Poetic contraction
64. Flamenco exclamation!
65. Big Apple hockey team [acronym]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Upsets and surprises with political, religious or racial issues are taking place right now, all around you. Fortunately, warm friendships are supportive.

Taurus April 21 - May 21
Something unpredictable could affect a situation regarding inheritances, shared property, taxes or debt. Because this might happen, do your homework and get your ducks in a row

Gemini May 22 - June 21
Serious partnerships are undergoing sudden changes now. Tread carefully. Don't throw the baby out with the bathwater. Know what you want.

Cancer June 22 - July 23
Although you are working hard, you also are looking for ways to introduce reforms and improvements to your job. Something unexpected might occur to help you do this.

Leo July 24 - Aug. 23
For some time now, you have been wondering about future goals. Many of you will break out and surprise yourself by trying something different and new.

Virgo Aug. 24 - Sept. 23
The stability you want to create at home might undergo a bit of a revolution. Just stay on course, but be ready to listen to new ideas and new ways of doing things.

Libra Sept. 24 - Oct. 23
Sudden changes to your job or your residence might be taking place. You have to stay flexible. After all, the rigid trees are the first to snap in a storm.

Scorpio Oct. 24 - Nov. 22
Something unusual might affect your earnings at this time. It will be a change that ultimately might create more freedom for you.

Sagittarius Nov. 23 - Dec. 21
You're full of unusual, revolutionary ideas right now. You want to do something different. You want to buck the system and carve out a new path for yourself.

Capricorn Dec. 22 - Jan. 20
Something secretive and surprising is going on behind the scenes. Whatever it is will not be a secret for long. Be aware of this.

Aquarius Jan. 21 - Feb. 19
Your long-term relationship with a friend or a group might need to be changed now. Something is up for grabs, which means you have to be alert. Don't be afraid of change.

Pisces
Feb. 20 - March 20
Many of you want more freedom in your career or your job. You want to be self-employed, or you want to have the chance to call your own shots. Now is the time to test new ideas.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2				9				8
		1				6		
	4	8				3	5	
			3		4			
7								5
			8		1			
	6	3				4	9	
		2				1		
4				2				3

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

9	6	7	3	5	8	4	1	2
1	5	4	2	7	6	3	8	9
8	3	2	9	1	4	5	6	7
5	2	1	7	8	9	6	4	3
4	8	3	6	2	1	7	9	5
6	7	9	5	4	3	8	2	1
3	1	6	4	9	5	2	7	8
2	4	8	1	3	7	9	5	6
7	9	5	8	6	2	1	3	4

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metro NEWS
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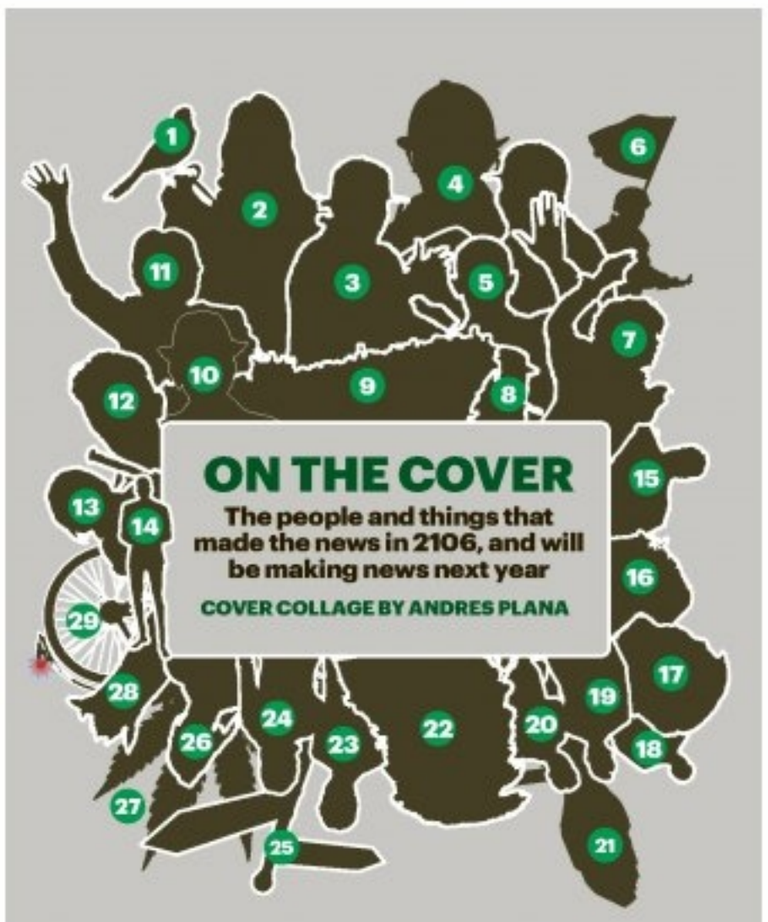
THE YEAR THAT WAS AND.... ...THE YEAR THAT WILL BE

Saying goodbye and hello



1. The grey jay
2. Penny Oleksiak
3. The Toronto Blue Jays
4. Fort McMurray
5. Barack Obama
6. Aleppo, Syria
7. Prince
8. Fidel Castro
9. Refugees
10. Leonard Cohen
11. Hillary Clinton
12. David Bowie
13. Star Wars: Rogue One
14. Chris Rock at the White Oscars
15. Rob Ford
16. One of Toronto's elusive capybaras
17. Donald Trump
18. Vladimir Putin
19. Ryan Reynolds
20. Ryan Gosling
21. Skinny buildings for generation squeeze
22. Indigenous reconciliation
23. Justin Trudeau
24. Sophie Gregoire-Trudeau
25. Brexit
26. Beyoncé
27. Pot legalization
28. Purple Asparagus
29. Cycling and road safety

Vicky Mochama
Metro

If 2016 was a movie, it could be nominated in every single category. There was drama, comedy, action, and reality TV — and that was just the American election. If 2016 had to be played by one actor, it'd be Meryl Streep. Only Meryl has the range to hit all the highs and lows that 2016 took us through.

This issue of Metro is a retrospective of all the moments that delighted, frightened and surprised us like only Meryl could.

It is also a look forward to the year ahead. The next 12 months will look nothing like that last 12.

Change — big or small, desired or not — is the enduring quality of our time. Our cities, provinces, and country will not stay the same.

And really, neither will we.

At the beginning of 2017, many of us will resolve to change for the better. Gym memberships will not be used. Plans to spend less money will fall apart. (New shoes, new you?) New Year's resolutions will be forgotten.

But for today, Metro resolves to remember the events that changed the year and to ask:

Who will you be in 2017?

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1 ISSUES THAT MATTERED

Pallister's blue sky beat Selinger's orange wave

2016 THE YEAR THAT WAS...

Progressive Conservatives ended NDP's Manitoba rule

Michelle Bailey
For Metro | Winnipeg

It was a blue wave that rolled in and wiped out nearly 17 years of NDP rule in Manitoba.

On April 19, Progressive Conservative Leader Brian Pallister became the 22nd premier of Manitoba as he and his party handily walked away with a majority government.

The PCs swiped seats from NDP strongholds such as Southdale, Brandon East (a previously orange in its entire 47-year history) and Riel.

The Tory landslide meant the defeat of Greg Selinger, who resigned as NDP leader immediately after the results were confirmed. The party finished with its worst showing since 1988. Selinger, who retained his seat in St. Boniface, told supporters he took responsibility for the outcome.

Liberal Leader Rana Bokhari was unsuccessful in winning a seat in the legislature, losing to the NDP's Wab Kinew in Fort Rouge and failing to achieve official party status. Bokhari would eventually resign as leader.

As for the new Premier, Pallister stood in front of an elated crowd of supporters on election night saying "the only thing better than tonight in Manitoba is tomorrow. And tomorrow, all Manitobans are going to walk out into a beautiful spring morning and they're going to look up and the sky is gonna be blue."

Pallister campaigned on a promise to build infrastructure, increase trade — particularly with other provinces — and reverse an NDP decision to hike the provincial sales tax by one percent.

A number of Selinger's cabinet ministers dubbed the "Rebel Five" formed a revolt as a result of Selinger's about face when it came to promising no provincial tax increase and forced a leadership contest in 2015 that Selinger won by the skin of his teeth.

Brandon University political scientist Kelly Saunders said of the election that the Tories ran a campaign that saw them "repeating the mantra about broken trust and broken promises for sure, but they kind of let the NDP unravel themselves."

Since officially taking over government, the PCs have introduced a budget and a Throne Speech and joined the New West Partnership Trade Agreement. Both the NDP and Liberal Party are searching for new leaders.

Manitoba Premier Brian Pallister, after his victory in April, said "the only thing better than tonight in Manitoba is tomorrow. And tomorrow, all Manitobans are going to walk out into a beautiful spring morning and they're going to look up and the sky is gonna be blue."
JOHN WOODS/THE CANADIAN PRESS

40
On April 19, the Manitoba Progressive Conservative Party captured 40 seats out of a possible 57.

14
The Manitoba New Democrats held on to just 14, forcing their leader, Greg Selinger, to step down.

3
The provincial Liberals, lead by Rana Bokhari, only won three seats. Bokhari also stepped down.

> **Repeating the mantra about broken trust and broken promises for sure, but they kind of let the NDP unravel themselves.**
> Kelly Saunders, University of Manitoba

CITY MATTERS

DOWNTOWN BIKE GRID

Winnipeg's bike brigade – led by Coun. Janice Lukes – is pushing for a downtown network of protected cycling lanes. Calgary and Edmonton can do it. Why can't we?

2016 THE TOP FIVE

Here are some other stories that were a big deal in Winnipeg this year:

1. Fish win! The Winnipeg Goldeyes came out on top this season capturing the American Association Championship by beating the Wichita Wingnuts in Game 5.

2. Burning rubber Winnipeg race car driver Amber Balcaen, 24, became the first Canadian woman to win a NASCAR sanctioned race in the US on Aug. 27 in Radford, Va.

3. Fast food Filipino fast-food chain Jollibee opened its first Canadian location in Winnipeg Dec. 15. Over 60,000 Filipinos call the 'Peg home.

4. Games coutndown The official countdown to the 2017 Canada Summer Games began July 28. Winnipeg will play host to 4,000 athletes and 20,000 visitors next year.

5. Good publicity Not one, but two major publications gave a shout-out to Winnipeg as a must-see destination for visitors. Vogue and Elle Canada like us. They really, really like us!

2 ISSUES THAT MATTERED

Centre of the universe was here

2016 THE YEAR THAT WAS...

Jets hosted Oilers in NHL's 2016 Heritage Classic

Michelle Bailey
For Metro | Winnipeg

Hockey great Wayne Gretzky (99) joined a throng of alums and current players who took part in the NHL's Heritage Classic Alumni on Oct. 21. THE CANADIAN PRESS/JOHN WOODS

Snow had yet to fall and temperatures were on the warm side, but that didn't keep Winnipeg's Investors Group Field from transforming a football stadium into one massive outdoor rink this October for the fourth annual NHL Heritage Classic.

The much-anticipated weekend-long event drew thousands of people locally and from outside of the 'Peg to partake in both the alumni game between former Winnipeg Jets and Edmonton Oilers players on October 22 and a regular season NHL game between the current Jets and Oilers on Sunday, October 23.

Legendary NHL stars that included "the Great One" Wayne Gretzky, Dale Hawerchuk, Mark Messier, Thomas Steen and Paul Coffey descended on to the city to join current Jets and Oilers players to provide an unforgettable weekend for lovers of Canada's national game.

While the current Edmonton Oilers beat the current Winnipeg Jets 3-0 in the regulation Sunday game in front of 33,240 exuberant hockey fans, the Jets alumni team had a little more luck in their not-so-regulatory game the day before.

Former Jet Teemu Selanne, 46, scored twice in that game much to the delight of Winnipeg Jets fans. Selanne's goals contributed to the Jets alumni team win over the alumni Oilers with a final score of 6-5. Selanne, who achieved the current league record for most goals scored by a rookie when he was a Jet in 1993, also received the Key to the City from Winnipeg Mayor Brian Bowman while he was in town for the Heritage Classic.

The rivalry between these two teams dates back to before the Jets left Winnipeg and fans were thrilled to have them battle it out in an event that has become wildly popular in the hockey world.

The Heritage Classic promised to be a jam-packed weekend with memorable moments both on and off the ice and it delivered.

The fact the current Jets didn't win on the Sunday didn't seem to upset fans who were simply over the moon to have had this event in Winnipeg.

Some would say the only fly in the ointment that weekend was the weather. While Mother Nature was kind in providing above average temperatures, the blazing sun on the Sunday afternoon delayed the game by two hours.

Huge reflective sheets needed to be spread out across the outdoor rink to keep the ice from melting, as the bright rays from the sun shone down and made for poor ice conditions.

3 ISSUES THAT MATTERED

Arena was downtown's diamond

2016 THE YEAR THAT WAS...

MTS Centre one of Canada's busiest venues

Michelle Bailey
For Metro | Winnipeg

When famous Canadian music producer David Foster invited friends in the entertainment industry to join him for his annual gala to raise millions for his organ-donation foundation this September, he chose Winnipeg as the location and MTS Centre as the venue.

Celebrities such as Michael Bolton, Seal, Carly Rae Jepsen and Sinbad walked the red carpet and performed that night in a facility that continues to receive high praise after opening in November 2004.

"You only have to look at the quality and quantity of events we have been able to attract to see what a great run we've had the past year," said Rob Wozny, vice-president of communications and community engagement for True North Sports and Entertainment.

Regarded as one of the busiest arenas in the country, the facility hosts more than 140 events each year and is touted as a huge catalyst for downtown development.

This month, Venues Today announced it had ranked MTS Centre 13 out of 20 for arenas worldwide that have a capacity to cater to between 10,000 and 15,000 people. The position is based on concert and event grosses from October 2015 to October 2016, and its annual rankings are very influential, according to arena managers looking to secure top-tier tours and events.

"Artists really want to come here," said Wozny. "They love the reception and reaction they get when they perform in our city and find the experience at MTS Centre to be exceptional."

MTS Centre has hosted 140 events this year, including the Tragically Hip. THE CANADIAN PRESS FILE

MTS Centre rounded out the year with a visit from funnyman Jerry Seinfeld, and earlier in 2016 the likes of Justin Bieber, Rihanna, Selena Gomez and Black Sabbath graced the stage.

Winnipeg was also a stop for many memorable and highly emotional tours. The Tragically Hip, with their beloved frontman Gord Downie battling terminal brain cancer, played two shows to sold-out crowds. Dolly Parton made the 'Peg part of her Pure & Simple Tour, and Garth Brooks returned to Winnipeg after 20 years to perform not one, not two, but four shows.

> **"The atmosphere at MTS Centre is arguably one of the best in the league. Fans are loud and proud."**
> Stadium Journey

The Venues Today review wasn't the only shout-out for the 12-year-old facility, which is also home to the Winnipeg Jets and its farm team the Manitoba Moose.

In June, the MTS Centre was recognized as the No. 1 NHL arena for fan experience for the second year in a row according to Stadium Journey, which stated "the atmosphere at MTS Centre is arguably one of the best in the league. Fans are loud and proud."

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Winnipeg's memorable photos of '16

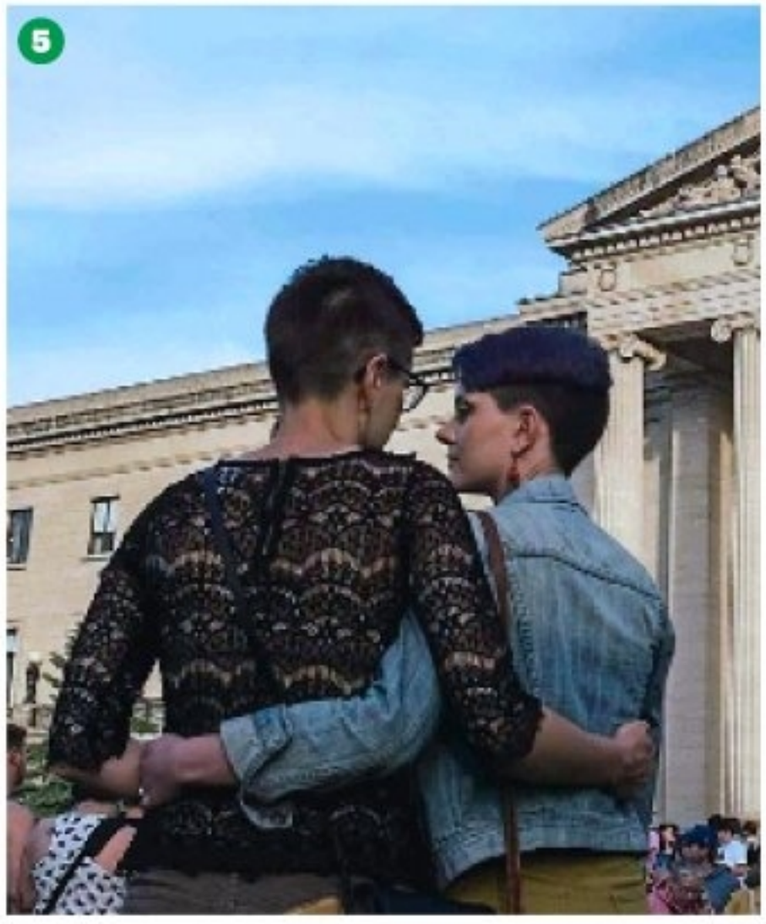
1 Man of the hour — Gord Downie, lead singer of The Tragically Hip, performs with the band at MTS Centre on Aug. 5. DAVID LIPNOWSKI/METRO NEWS

2 Wind derby — Simon Jones competes in the first Winter Wind Derby on a handmade flying contraption March 5 on the Red River Mutual Trail at the Forks. DAVID LIPNOWSKI/METRO NEWS

3 She can play — Newcomer Nour Ismail from Syria practises soccer at the University of Winnipeg's Axworthy Health & RecPlex in Winnipeg on Nov. 30. It's part of a program that encourages newcomer girls to play sports. LYLE STAFFORD/FOR METRO

4 Prosthetic hand — Matthew Gale of Northern Bionics works Oct. 6 on an infant prosthetic that he invented in his lab in Winnipeg. LYLE STAFFORD/FOR METRO

5 Solemn vigil — Amy Friesen, left, and Raisal Maxwell during a vigil held by Pride Winnipeg for those murdered in Orlando, Fla., on June 13 at the Manitoba Legislature building. DAVID LIPNOWSKI/METRO



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1 ISSUES THAT WILL MATTER

Competition on the horizon

THE YEAR THAT WILL BE 2017

From Summer Games to local politics, let the races begin

Michelle Bailey
For Metro | Winnipeg

It will be a fight to the finish for some 4,000 coaches and athletes who will descend upon Winnipeg in July 2017 as the city plays host to the 50th Canada Summer Games.

It's also looking like a fight to the finish for Manitoba's New Democrats and Liberals. Both parties will dedicate most of 2017 to searching for new blood to replace vacant leadership positions. Leadership conventions will be held in the fall.

Former NDP premier Greg Selinger resigned immediately after the April 19 election when his government was steamrolled by Brian Pallister and his PC Party. The NDP had been in power since winning a majority in 1999.

Liberal Leader Rana Bokhari also stepped down a few months after the election. While the Liberals added two seats to give them a total of three, Bokhari failed to win herself a seat, and the party still did not achieve official party status.

It's expected to be a wild ride for both the NDP and the Liberals, who are struggling financially and licking deep wounds after plenty of infighting.

Adding to that, a popular member of the NDP and former cabinet minister Kevin Chief announced this month that he's leaving politics to spend more time with his family. There had been some hope Chief would consider running as leader.

Hopefully, party faithful will find some time during the leadership campaigns to lend a hand as volunteers for the much-anticipated Summer Games that run from July 28 to Aug. 13. Organizers say they need at least 6,000 helpers.

"Manitobans are known for their volunteerism, enthusiasm and support for major sport and cultural events," said Games president and CEO Jeff Hnatiuk.

With 250 events and 16 sports represented, the Games are expected to draw some 20,000 visitors to the city. It's estimated the event will generate about $153 million. It's the country's largest multi-sport event for young athletes.

Volunteers need to be 16 years of age or older by June 30, 2017. If you want to be part of the action, visit canadagames.ca/2017.

Former NDP leader Greg Selinger, left to right, and former Liberal leader Rana Bokhari took part in the provincial leaders' debate in Winnipeg in April with Green Party Leader James Beddome and Premier Brian Pallister. The provincial NDP and Liberals will search for new leaders in 2017. TREVOR HAGAN/THE CANADIAN PRESS

2017 THE TOP FOUR

Key issues to watch in the new year:

1. Growth fees for a number of new residential areas are due to come into effect May 1. However, miffed developers have threatened to take the city to court.
2. October 2017 will mark three years in office for Mayor Brian Bowman. Will he reveal if he plans to run again in 2018?
3. It's arguably the crux of the inquiry into missing and murdered indigenous women and girls: the testimony from families. We will start hearing their stories in the spring of 2017. A final report is due in November 2018.
4. More Syrian refugees will call Winnipeg home. More than 100 families are due to land in the city by the end of February.

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2 ISSUES THAT WILL MATTER

Psychic predicts big Bombers win

SOOTHSAYING AND SPORTS

But medium foresees less success for Jets

Michelle Bailey
For Metro | Winnipeg

Intuitive medium Rachel Stiles says to look out for a young Jets player who will eventually take the team far. LYLE STAFFORD/FOR METRO

Winnipeg psychic Rachel Stiles admits she knows next to nothing about sports. Yet the owner of Rising Moon Curiosity Shop in St. Boniface accurately predicted the Winnipeg Blue Bombers were not ready to punt their GM or head coach heading into next season.

While performing a reading for Metro less than 24 hours before the Bombers announced contract extensions for Kyle Walters and Mike O'Shea, Stiles strongly sensed the football club would stick by them despite a heartbreaking one-point loss to the BC Lions that knocked them out of the CFL's West Division semifinal last month.

Whoa!

"I feel like the fans need to trust the decision makers and back them up," she said. "I really sense this team is going to the end for the big win in 2017."

So as you ready your bets for that, the cards display a different story when it comes to the Winnipeg Jets.

"I'm not getting the sense they will make the playoffs this time," Stiles said while cringing at the unpopular prediction. "But, I do see a very young player (hello, Patrik Laine) who will be around for a number of years and will be the one who takes this team really far," she said.

According to numerology, 2016 was the year of "9," which meant endings, whereas 2017 is the year of "1," which represents new beginnings.

"Out with the old and in with the new," Stiles said. "2017 will be a much better year for a lot of people."

Stiles said this is a perfect opportunity for people to start something new and tackle "all of those things you said you would do but just never got around to it."

"Release everything that doesn't serve you in your life. What isn't serving you has gotta go!"

Be prepared to wear a lot of layers and deal with plenty of snow as you usher in the new year.

"January is going to be really cold — like, really cold," Stiles said. "And while it won't be as cold in February and March, we are going to experience a lot of the white stuff. But once we get through all of that, it is going to be a good summer for gardeners and farmers."

And how about Winnipeg's political scene?

"I think (Mayor) Brian Bowman is doing his best, but what I see and sense here is that he is going to be a one-term mayor, and it won't be until 2023 that we have someone we can get really excited about."

the Children's Hospital Research Institute of Manitoba

2016 was another exceptional year at the Children's Hospital Research Institute of Manitoba.

Below are some of the accomplishments from our researchers and research teams that are helping to advance child health in Manitoba:

- Dr. Estelle Simons celebrated her retirement and was chosen as an inductee into the 2017 Canadian Medical Hall of Fame. Thank you for all that you've done for your patients during your illustrious career Dr. Simons.
- Dr. Heather Dean (retired) received the Lawson Foundation 60th Anniversary Award of Excellence for dedicating her life to caring for children and youth with diabetes.
- Drs. Bob Schroth and Carolyn Snider each received a Canadian Institutes of Health Research (CIHR) Embedded Clinician Researcher Award.
- Dr. Cheryl Rockman-Greenberg was awarded a Medal of Honor from the Health Research Foundation.
- Dr. Mojgan Rastegar was awarded an International Rett Syndrome Foundation grant and an Ontario Rett Syndrome Association grant.
- Dr. Andrew Halayko began his new role as President of the Canadian Thoracic Society and joined the Board of Directors for the Canadian Lung Association. Dr. Halayko was also awarded the 2016 American Thoracic Society Joseph R. Rodarte Award for Scientific Distinction and was inducted to the Canadian Academy of Health Sciences.
- Our facility welcomed 12 summer students who worked with our researchers this summer. These future researchers are making a difference in the research happening today.
- Dr. Vern Dolinsky and his team received funding from CIHR for their research on childhood obesity.
- The Translating Emergency Knowledge for Kids (TREKK) network will continue its mandate of knowledge translation for at least three more years thanks to funding received from the Networks of Centres of Excellence.
- Dr. Meghan Azad is part of three new teams who were supported by CIHR to study asthma, lung health and obesity with CHILD (Canadian Healthy Infant Longitudinal Development) Study.
- Dr. Richard Keijzer received funding from CIHR for his project on abnormal lung development.
- Trainee Aruni Jha was awarded the Newman Stephens Award for Excellence in Respiratory or Molecular Physiology. Trainee Naghmeh Khoshgoo was awarded the Edwin Kroeger Award for Excellence in Cellular Physiology.
- In 2016 our Clinical Research Unit continued to play a vital role for researchers at our facility. Members of the unit continue to work with Manitobans who are involved with our research including research on diabetes, hypophosphatasia, early childhood tooth decay, abnormal lung development and asthma.

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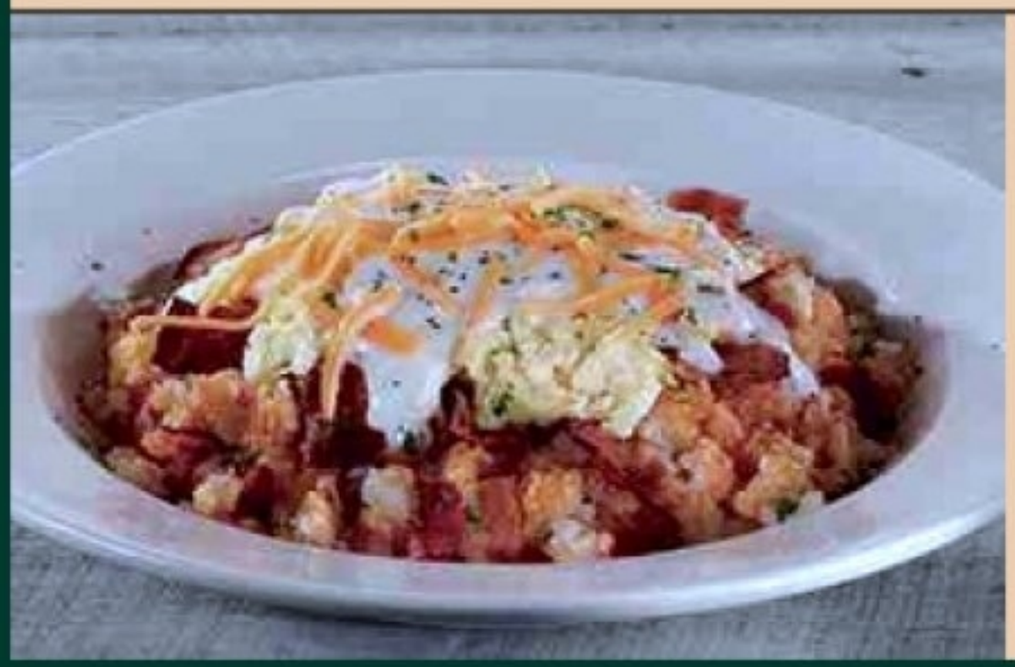

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Fort Mac wildfire was story of the year

NATURAL DISASTER

Surreal tragedy beats refugees, Gord Downie as top newsmaker

The ferocious wildfire that forced nearly 90,000 to flee Canada's oilsands region and reduced thousands of homes to rubble has been picked as the top news story of 2016 in an annual survey of newsrooms across Canada by The Canadian Press.

Dubbed "the beast" for its merciless unpredictability, the Fort McMurray wildfire garnered 39 of the 67 votes cast by senior editors. It was followed by Canada's ongoing resettlement of Syrian refugees with 11 votes, the fentanyl crisis with six and the Tragically Hip's farewell tour with five.

"Not even a Hollywood script could match the terror, uncertainty, and heroism to come out of what seemed to be a surreal event," wrote Dave Barry, news director of CKPG TV in Prince George, B.C.

The fire began in a remote forested area southwest of the city on May 1 during a spell of unusually hot and dry spring weather. By suppertime on May 3 the flames were inside the city and all of Fort McMurray was under a mandatory evacuation order.

People fled with forest ablaze on both sides of the road and ash raining down. They crawled bumper-to-bumper along Highway 63 — the only route out of town.

Nobody died as a direct result of the fire, though two teenagers were killed in a highway crash south of the city.

Residents started coming back in early June. The majority returned to unscathed homes, but many had nothing but piles of ash inside blackened foundations.

All told, the fire consumed some 2,400 units, most residential.

Erin O'Neill, operations manager with the municipality's recovery task force, said 350 rebuilding permits have been approved since the fire and 160 new homes have begun construction. "When you go into these areas, as opposed to seeing all of that ash and debris, now you're seeing a site that looks like a new subdivision."

Fire Chief Darby Allen, who became the face of the battle against the beast, is planning to retire in February. He said he's expecting next year's wildfire season to be tough on the community.

Following the fire, Edmonton's population swelled by almost 10 per cent with most of the 90,000 evacuees finding shelter in the city. Over half a year later, its impact can still be felt. METRO FILE

Seven months after the fire, many residents are still slogging through their insurance claims. The Insurance Bureau of Canada has pegged the Fort McMurray fire as the costliest insured natural disaster in Canadian history with an estimated $3.77 billion in claims as of mid-November.

There's also been a heavy emotional toll. Alberta Health Services documented more than 25,000 contacts with mental health care providers in the Wood Buffalo region between May 10 and Oct. 29.

The beast struck at a time when low oil prices were already causing the city's main industry, the oilsands, to scale back.

The fire crimped output by a million barrels a day in May and 700,000 barrels a day in June, says the Alberta government.

Within six month of the fire, the Red Cross raised $319 million between donations and matching government funds — the largest domestic appeal in the organization's history, said vice-president Jenn McManus.

Many newsroom bosses cited the outpouring of support the city received in making their pick.

"The devastation motivated Canadians across the land to offer assistance to Fort Mac residents," said David Hughes, executive director of CTV National News.

"A truly Canadian moment."

THE CANADIAN PRESS

Moments that won't be forgotten

From the prime minister's welcoming of Syrian refugees to Jian Ghomeshi's trial, here are five moments from the past year.

METRO WITH FILES FROM THE CANADIAN PRESS/ALL PHOTOS THE CANADIAN PRESS

Prime Minister Justin Trudeau pledged additional humanitarian support for refugees at a press conference at the 71st Session of the UN General Assembly in September.

SYRIAN REFUGEES

Our model recognized across the world

This year, as the Liberal government moved to fulfil their (modified) promise to bring in 25,000 Syrian refugees into the country, Canada's population numbers swelled to well over 36 million. This number is at its largest since 1988, as the population grew by 1.2 per cent. The boost in overall population was due, in part, to the Liberals' Syrian refugee resettlement program, a model which has received commendation around the world and is seen as one to emulate. The number of Syrian refugees in Canada since November 2015 is well over 30,000. However, Canadians are pushing the government to do more. Individuals who want to privately sponsor refugees have taken to the streets to protest the red tape and bureaucracy surrounding the program.

JIAN GHOMESHI

Case unearthed difficult truths

The former CBC host of the radio show Q, Jian Ghomeshi, was acquitted of five charges relating to sexual assault or harassment, and the last charge was withdrawn after a peace bond agreement and an apology to his victim. Ghomeshi's trial began Feb. 1, 2016. The Ghomeshi case shined a light on entrenched institutional sexism and misogyny that many had not wanted to admit existed in Canadian culture. The case challenged the way we think about victims and how victims behave before, during or after an alleged assault.

The Duke and Duchess of Cambridge attend a children's party with Prince George and Princess Charlotte at Government House in Victoria, B.C. on Sept. 29.

ROYAL VISIT

'Pop,' says the Princess

The Duke and Duchess of Cambridge brought their two children, George and Charlotte, along for a royal tour of Canada in September. The couple met with Olympic athletes, talked with Syrian refugees and hung out with PM Trudeau and his wife Sophie Gregoire-Trudeau.

Prime Minister Justin Trudeau speaks at Parliament Hill after meeting with Manitoba Metis Federation President David Chartrand, Assembly of First Nations Chief Perry Bellegarde and President of the Inuit Tapiriit Kanatami Natan Obed.

INDIGENOUS RELATIONS

On the path to reconciliation

Despite what many thought was inadequate funding in the federal budget for indigenous people, the Liberal government says it has been committed to furthering the process of reconciliation. The Liberals removed Canada's objector status to the UN Declaration on the Rights of Indigenous Peoples in May. The government also launched an independent inquiry into Canada's missing, murdered indigenous women in August.

CLIMATE ACTION

National carbon tax announced

In October Trudeau announced a national "floor price" on carbon that would require all provinces and territories to have some form of carbon pricing by 2018. Putting a price on carbon is meant to incentivize individuals and companies to look for lower emission options.

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Division, suspicion and bitterness

2016 THE YEAR THAT WAS...

Rejection of middle-ground solutions, institutions

Fed up with Europe's union across borders? Reject it. Disgusted with the U.S. political establishment? Can it.

The news in 2016 was filled with battles over culture and territory that exposed divisions far deeper than many realized. But people confronting those divides repeatedly rejected the prospect of middle-ground solutions and the institutions put in place to deliver them.

While the headlines told many different stories, the thread connecting much of the news was a decisive torching of moderation, no matter how uncertain the consequences.

"You're not laughing now, are you?" Nigel Farage, a leader of the so-called Brexit campaign told the European Parliament after voters in Great Britain spurned membership in the continental union. "What the little people did ... was they rejected the multinationals, they rejected the merchant banks, they rejected big politics and they said actually, we want our country back," he said.

Farage was speaking only about the United Kingdom. But his observation that many people well beyond Britain shared that disdain for working within the system was borne out repeatedly in the year's biggest headlines.

Jerry Lambert, a supporter of Republican presidential candidate Donald Trump, and Asa Khalif, with the Black Lives Matter movement, scuffle, after Khalif took Lambert's sign, outside the location where Trump was to meet with African American business and civic leaders in Philadelphia. THE ASSOCIATED PRESS

In a U.S. presidential campaign fueled by anger and insults, in Syria's brutal war and Venezuela's massive protests, in fights over gay rights and migration, opposing sides rejected not just compromise but the politics of trying to forge it.

That was clear from the year's first days, when armed activists took over a national wildlife refuge in Oregon's high desert, opposing the federal government's control of public lands.

"It needs to be very clear that these buildings will never, ever return to the federal government," LaVoy Finicum, an Arizona rancher among the activists, told reporters. Weeks later, federal agents stopped vehicles outside the refuge, arresting eight of the activists and fatally shooting Finicum when he reached into a jacket that held a loaded gun.

Even in the rare cases when compromise prevailed, it was viewed with suspicion.

When a deal took effect in January limiting Iran's nuclear program in exchange for relief on sanctions, it marked the culmination of prolonged negotiation by President Barack Obama's administration. But the pact was repeatedly attacked by critics in both countries, including Donald Trump, saying it gave the other side too much.

"The wisest plan of crazy Trump is tearing up the nuclear deal," a leading Iranian hardliner, Hossein Shariatmadari, told his country's news agency.

In mid-February, Supreme Court Justice Antonin Scalia died in his sleep, leaving a vacuum on a court where he had long been the leading conservative voice. Barely an hour after Scalia's death was confirmed, Senate Majority Leader Mitch McConnell staked out an uncompromising position on what lay ahead.

"The American people should have a voice in the selection of their next Supreme Court justice," McConnell said, disregarding the fact that U.S. voters had twice elected Obama. "Therefore, this vacancy should not be filled until we have a new president."

Tensions over U.S. policing bled into a third year. In July, a sniper killed five Dallas police officers during a protest over shootings of black men by police in Louisiana and Minnesota. A South Carolina jury failed to reach a verdict in the trial of an officer caught on video fatally shooting a black man fleeing a traffic stop.

Division, though, was hardly limited to the U.S.

In Venezuela, triple-digit inflation and shortages of food and medicine fueled 6,000 protests throughout the year that brought millions into the streets. But the government of President Nicolas Maduro, blamed by many voters for the chaos, blocked a recall campaign. In Colombia, voters narrowly rejected a deal between the government and a guerrilla group to end a 52-year civil war. Even when lawmakers approved a renegotiated deal, the peace remained fragile.

In Brazil, senators impeached President Dilma Rousseff for manipulating budget figures, though many of the lawmakers were, themselves, tarred by accusations of corruption. South Korean President Park Geunhye was stripped of power in December amid allegations she let a close friend use the government for financial gain.

Meanwhile, Syria's war entered its sixth year. But despite pressure by the U.S. and its allies, Russia and the government of President Bashar Assad unleashed an assault on Aleppo to wipe out rebels, driving up the toll in a conflict that has already claimed as many as 500,000 lives.

THE ASSOCIATED PRESS

In retail, tech will rule supreme

THE YEAR THAT WILL BE 2017

Competition among Canadian retailers continued to heat up this year, with some brands beefing up their physical stores and e-commerce offerings, while new entrants like Saks Fifth Avenue and Uniqlo joined the fray.

Whether it was Saks opening up a Pusateri's food hall in their stores or Hudson's Bay spending more than $60 million to upgrade its Toronto distribution centre with a new robotics system, retailers worked to carve out their place in the cutthroat retail landscape.

Not all retailers have been able to survive, with some like Danier scaling back locations or others like teen clothing chain Aeropostale and jewelry chain Ben Moss closing their doors in Canada for good.

As 2016 nears an end, here are the top retail trends to look forward to in the new year:

Retailers will continue to expand e-commerce offerings

In 2016, Canadians averaged more than $44 billion in retail sales every month with e-commerce sales accounting for about two per cent, according to Statistics Canada.

Although online sales make up a small proportion of total purchases, retail industry expert Doug Stephens says it's growing at a pace of 15 per cent each year compared with three per cent growth in bricks-and-mortar sales.

Stephens, who runs consultancy Retail Prophet, said more than ever, customers expect the process of buying online to be as seamless as purchasing the item in a store. They also want to be able to have the opportunity to go back and forth between the two options easily and quickly.

"The ability to serve customers online and particularly on a mobile device, to be able to ship quickly and to be able to ship either free or at the lowest possible cost," he said.

"It's going to very, very soon, if not already, be the price to play in retail."

Few sectors have proven to be as cutthroat as retail. A number of chains have come and gone in the past year, while others such as Saks Fifth Avenue (featured above) and Nordstrom are elbowing their way into the Canadian market, particularly for the coveted luxury shopper. THE CANADIAN PRESS

Digitizing store experience

Imagine trying on clothes in a store and being able to ask for another size, get advice about the fit or get recommendations about other pieces that might work — all from a screen on your dressing room door.

Retail strategist Kelly Askew says 2017 is going to be a year where more retailers will try to incorporate more useful, digital aspects into the store experience. Askew, a managing director at Accenture, anticipates that even grocery stores will move towards embedding more digital aspects into the business. For example, supermarkets may send offers to your smartphone as you're walking by an item on a shelf or help you plan your route through the grocery aisles once you upload your shopping list.

"(We're going to be) moving away from some of the gimmicky and gadgetry that we've seen until now, like digital screens you can interact with but they don't really add to the experience," said Askew.

The death of the mid-tier retailer and shopping mall

In 2016, Canada saw the growth of the luxury sector and the discounted brand name sector, which includes stores such as Saks Off Fifth, Nordstrom Rack, Marshalls and Winners.

Meanwhile, regional malls and retailers such as a struggling Sears Canada, will continue to face fierce competition in the new year.

Amazon will continue to be the biggest threat to Canadian retail. Stephens says Amazon is continuing to disrupt retailing and although some of its services, Amazon Go and Amazon Echo, aren't available here yet, retailers should be preparing for when the move inevitably happens.

"The threat that Amazon presents is that they don't think like a retailer," he said. "They think like a technology innovation and data company that just happens to sell things."

THE CANADIAN PRESS

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VICKY MOCHAMA ON THE QUEST TO BECOME MORE CULTURED

There are people who are genuinely intellectually curious, and there are those who are genuinely interested in bragging about their intellectual curiosity. I am the latter.

At the beginning of the year, I thought I would become a more cultured person.

Without intent or desire, I have made friends who have no interest in the Marvel Cinematic Universe or the Instagram accounts of football players. Determined to (a) impress these smart, serious people and (b) actually become smarter, I drew up a month-by-month plan of all the different types of culture I would take in. The plan was in graph form, the Y-axis consisting of months of the year, the X-axis organized by verb: Go, Listen, Watch and Read.

In January, for example, I would go to the art gallery, listen to Kendrick Lamar's To Pimp A Butterfly, watch Rigoletto, and read Marlon James' A Brief History of Seven Killings. I won't keep you in suspense — I failed. I fell asleep halfway through Rigoletto. The whole thing is in Italian!

The bold plans I had for June (go to the House of Blues in Chicago, read Love In the Time of Cholera, etc.) were dead in the water by mid February.

In the spring, I realized I wouldn't achieve my ambitious plans. Wanting to be dauntingly erudite had not stopped me from watching Captain America: Civil War three times in one week in theatres. Yet the goal of becoming smarter was implanted. So, in May, I asked for a subscription to the New Yorker as a birthday present.

This was a more sensible plan. I'm a writer. I enjoy everything I've ever read in the magazine. And I no longer have the attention span I used to for books. It seemed perfect. And at first, it was. I would get through an issue pretty quickly and then I could do what I had intended all along: tell people about how I'd read something in the New Yorker. There are people who are genuinely intellectually curious, and there are those who are genuinely interested in bragging about their intellectual curiosity.

I am the latter.

To my mind, this has always seemed like the reason for most cultural to-do lists. Saying "I've been wanting to see that film" is really about telling people that you're smart enough to know about the film. Also, that you use the word "film."

But ambition met its foe: Life, and the full tedious living of it, distracted me. A new job, new friends, new shows on Netflix — all consumed my attention before I could open up a New Yorker. I took a few of them on a vacation in the hopes of catching up, but I mostly just changed the temperature at which I was not reading the New Yorker.

Goals are an admirable thing to have. Working towards them with or without success is a form of personal growth. Embracing my lack of success doesn't mean I didn't learn anything: I learned that there are some things that I'll never be good at again like listening to the newest albums. Failure has a clarifying quality.

Time will tell if I have achieved my goal of impressing intelligent people. (My conversation starter at parties is "The movie Mean Girls tells you everything you need to know about politics" so who can truly say?)

But what I've missed in culture, I've learned about myself: I don't know how Rigoletto ends, and I'm OK with that.

Embracing my lack of success doesn't mean I didn't learn anything.

SOUND SMART

We all have to make a lot of small talk over the holidays. And you're going to need to sound like you know what you're talking about. Here are some words and phrases that really caught on in 2016.

Hatchimals

DEFINITION The holiday season's hottest toy is an electronic stuffed bird similar to a Furby, except to play with it you have to wait for it to theatrically hatch out of the plastic egg it comes in.

Dumpster fire

DEFINITION A complete mess, much like the year 2016 was said to be for the planet: A stinky, dangerous, flaming pile of garbage ruining the surrounding climate.

Whitelash

DEFINITION A backlash by white people. Originally referred to civil-rights naysayers in the 1960s, but revived during the 2016 U.S. election.

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THE YEAR THAT WAS AND.... ...THE YEAR THAT WILL BE

Year's biggest celebrity stories

2016 THE YEAR THAT WAS...

From swoon-worthy couples to crushing breakups

Ryan Porter
For Metro Canada

You know it's a big year in celebrity news when Eva Mendes can carry Ryan Gosling's baby for eight months before anyone even notices. These celebrity bombshells were the biggest focus-pullers of the year.

The cutest Toronto duo since the panda cubs

Does Buckingham Palace have Netflix? Since Prince Harry arranged an introduction to Suits star Meghan Markle through a friend last July, the couple is so official that the Toronto-based actor wears a chain with an M and an H on it.

Kim butts in on Kanye and Taylor

In July, Kim Kardashian dropped Snapchat video of husband Kanye West telling an approving Taylor Swift he wanted to name-check her in his song Famous.

Taylor denounced the track after its release, which social media took as proof of Swift's duplicitous nature. But Kanye never mentioned the lyric "I made that b— famous" to Swift, which she underlined in a statement, declaring, "I would very much like to be excluded from this narrative." OK, starting now.

If you need Jennifer Aniston, she will just be happily married and glowing

Where were you when you found out that Angelina Jolie had filed for divorce from Brad Pitt? Adele called the split "the end of an era" (she later clarified that she was joking and "couldn't give a f—ing s—").

And while the saga continues to develop, the relative lack of commotion just shows how much we have all moved on to more pressing matters, such as whether or not Madonna has butt implants.

Johnny Depp: from movie monster to actual monster

When Amber Heard filed for a restraining order against Johnny Depp in May, claiming Johnny had been "physically and verbally abusive" throughout their relationship, it was an idol-crushing moment. That is something that you just can't come back from. Unless you are Sean Penn, Nicholas Cage, Christian Slater, Josh Brolin, or another powerful man in Hollywood, and then it's fine.

The Kim Kardashian jewel heist

During Paris fashion week in October, Kim Kardashian was bound and gagged at gunpoint in her Paris hotel room as jewel thieves scooped up $10 million in jewelry, including her $4.5-million engagement ring. The stress from the robbery is said to be a contributing factor to Kanye West's recent stay in a psychiatric hospital.

2016 THE TOP FIVE

Let's not forget these classic pop culture moments from 2016:

1. The late, great everyone. If one of your favourite singers didn't pass away far too early this year, you may have terrible taste in music.

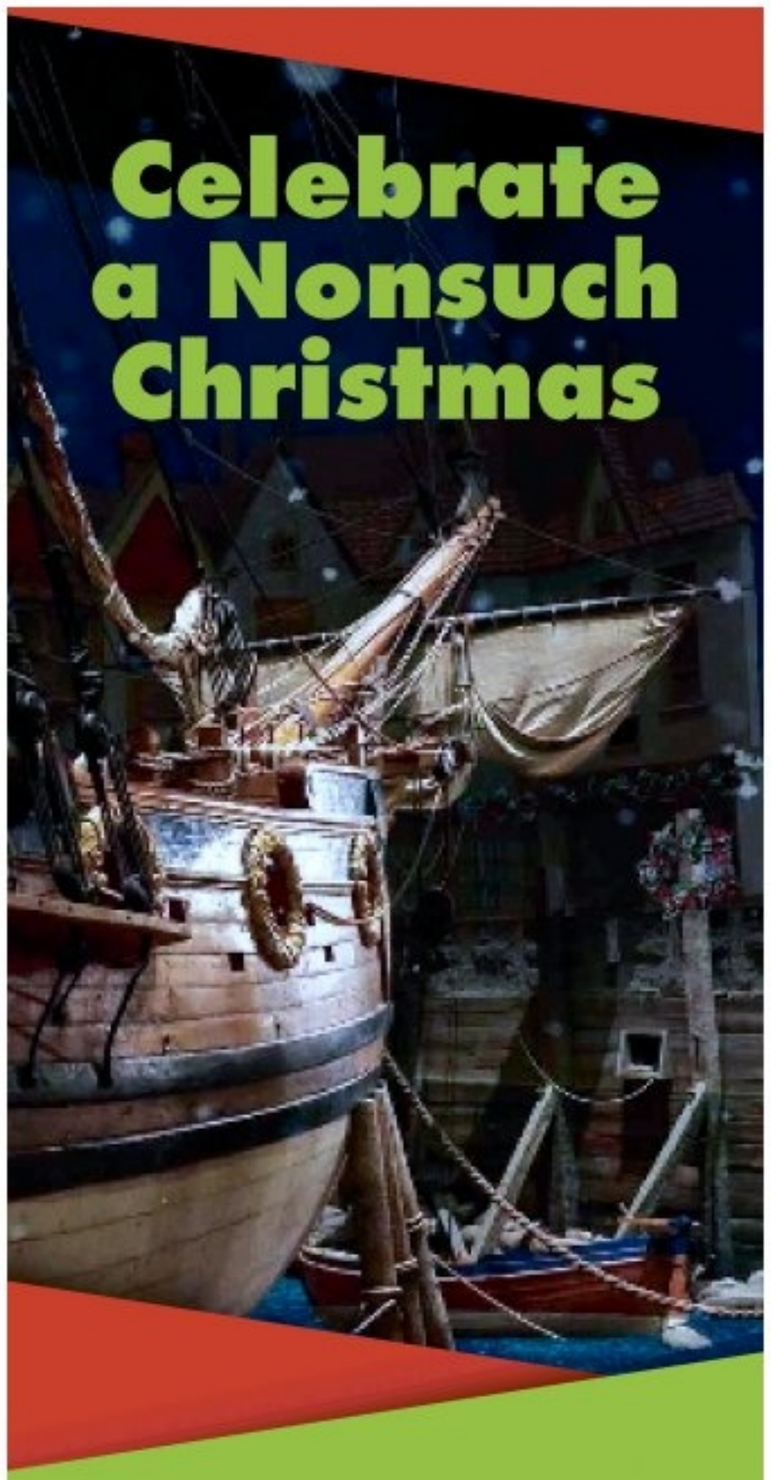
2. The Rob also rises. Rob Kardashian went super public with his new love and family frenemy Blac Chyna. In November, they welcomed daughter Dream Kardashian.

3. Celine shows how a heart does go on. At her husband Rene Angélil's funeral, Celine Dion bravely marched through the Montreal cathedral as a widow, 22 years after walking the same aisle as a bride.

4. Live with Kelly and no one. Kelly Ripa has had 52 cohosts since Michael Straihan left in May, but there's no question as to who the star is.

5. Who is Becky? Beyoncé's visual album Lemonade crackled with a political charge, yet the most discussed lyric remains, "better call Becky with the good hair."

RYAN PORTER/FOR METRO



DAILY PROGRAMS
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Explore the mysterious lower deck of the *Nonsuch* with a tour of the cargo hold!

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Entertainment by Simpson's Folly and Two by Two, with storytelling by Matthew Havens.

Details at ManitobaMuseum.ca

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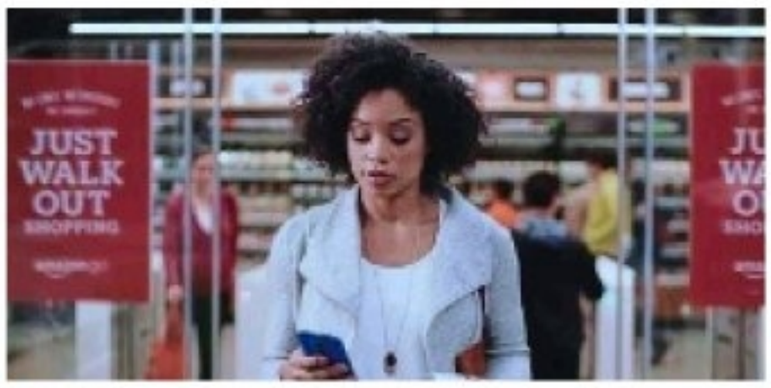
5 FOOD TRENDS FOR 2017

It's not just the fashion world that uses change as a way of keeping us interested. The food world is about just as trend-addicted. Doubt us? Think back to the kale chip fever of 2015. Here are the trends we'll be watching. **CERI MARSH AND LAURA KEOGH**

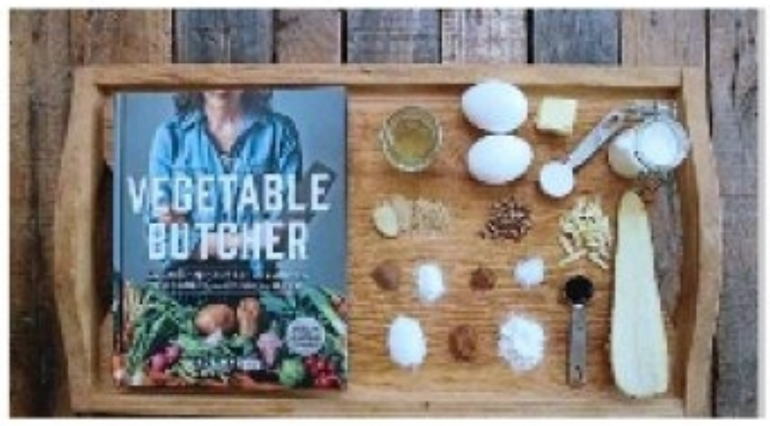
1 Colour of the Year: Purple

Pantone can't be the only one that makes the big pronouncements on colour. We're betting you're going to notice a lot more of this rich and phyto-chemical-indicating shade on future trips to the grocery store. You'll see purple sweet potatoes, cauliflower, broccoli, carrots, even corn and asparagus. But you'll also notice purple popping up in chips and cereal.



2 Innovation of the Year: Amazon Go

There may only be one cashier-less grocery store open in Seattle but Amazon promises to bring AI wizardry to 2,000 locations. Shoppers swipe their smartphones on a sensor as they enter, get groceries and the "just walk out" technology charges your Amazon account. No word on whether it's coming to Canada. Which gives us time to figure out how to send our driver-less car to go and pick up the groceries.



3 Cuisine of the Year: Vegetable Butchery

Upping our veggie intake is a well-known boon to health and couching it in terms that carnivores can appreciate never hurts. Books like Cara Mangini's The Vegetable Butcher and Toronto's own Yam Chops, selling beet burgers and Korean barbecued vegan chicken as well as their famous yam chops, are leading the way.

4 Feel Good of the Year: Waste Not, Want Not

In North America, every household tosses out an average 215 to 275 kilos of food. Expect to see talk about how meal planning can reduce the groceries that get wasted. You'll also see chefs including dishes that boast carrot tops or beet greens as a way of showing off their ability to use more of the food they're buying.

5 Ingredient of the Year: Coconut

Kale has hogged the spotlight too long! Many home cooks have swapped canola oil for coconut oil for its high smoke point and health benefits, but expect to see coconut popping up other places, too. Baked coconut chips, coconut tortillas, coconut flour, coconut yogurt and kefir and deliciously, coconut butter.

New twist on an old tradition

THE YEAR THAT WILL BE 2017

Dream big when making your New Year's resolution

Megan Haynes
For Metro Canada

On Dec. 31, as the clock strikes midnight, Canadians will set their resolutions — the time-honoured tradition of improving themselves in the new year.

Of course, breaking New Year's resolutions by February is also a time-honoured tradition.

The first mistake people make, says Halifax-based wellness coach and nutritionist Michelle MacLean, is people don't dream big enough — they limit themselves to what they think they can achieve.

Instead, she recommends people figure out, in a perfect world, where and who they want to be a year from now — whether that's a healthier person, more successful, in love, etc.

"Don't limit yourself — get deep, get juicy," she says.

Twelve months isn't a lot of time, MacLean admits, so while she encourages clients to dream big, she recommends only picking two or three resolutions and write them down.

"It evokes that visceral experience, and you become emotionally connected (to your resolutions)."

Then keep them visible, such as with reminders on the phone or a vision board in the office — something to keep the goals top-of-mind.

Alex Tran, a Ph.D. candidate at Waterloo who studies the effect of goals and goal achievement on the brain, says small steps are crucially important to keeping resolutions.

When the brain has an ambition (such as going to the gym), but is also in conflict (you're still sore from yesterday), people tend not to act at all.

Instead, make mini-goals (put on sneakers, fill up gym bag, head towards the gym, lift the weights) to get over that conflict.

"When you reduce that goal into something simpler, you're no longer running into the same barriers," he says.

Finally, MacLean says it's important to keep things in perspective. Failing to keep a resolution doesn't make people failures. Rather, at the end of the year, people should reflect back on what they learned about themselves, eg.:

- Are you too picky in your dating life?
- Are you happy with the work you produced even if you didn't achieve that promotion?

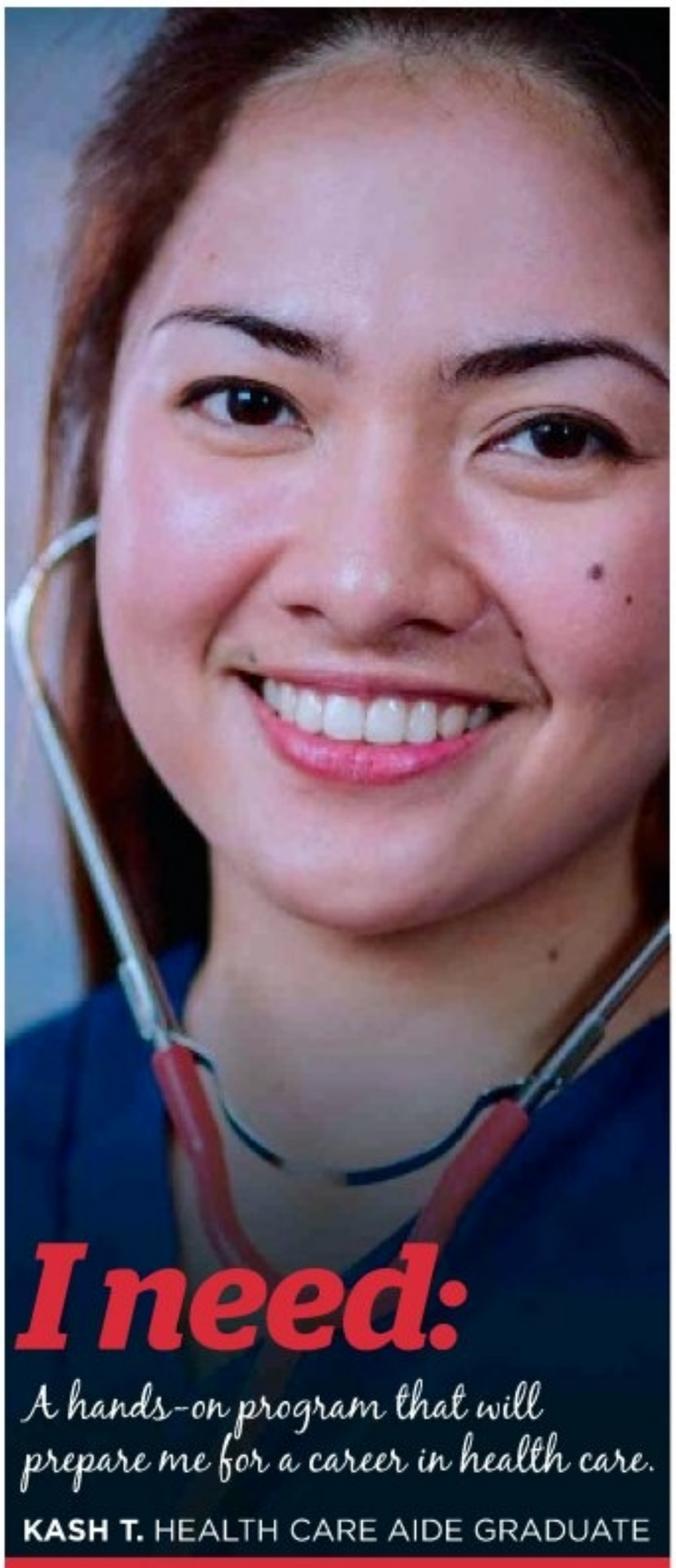
Reframing it as a way of learning about yourself can help people better plan (and keep) their goals the following year, she says.

Halifax-based wellness coach and nutritionist Michelle MacLean recommends writing down your resolutions and keeping them visible in order to keep the goals top-of-mind. ISTOCK PHOTO

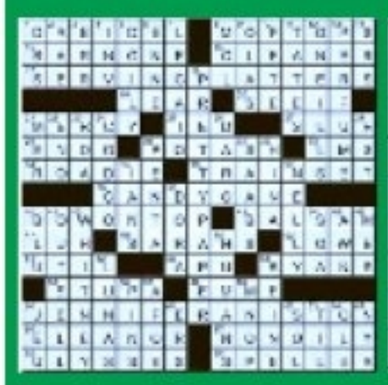
CREATIVE IDEAS

Losing weight is boring. Finding love is tedious. **Instead, why not try these out-of-the-box ideas.**

- ✔ Pick something you used to be able to do physically from your childhood (the perfect cartwheel, the splits), and master it.
- ✔ Want to learn a language? Skip French or Mandarin; learn sign language instead.
- ✔ Learn a skill that'll really impress in the kitchen: teach yourself to flambé (without losing an eyebrow).
- ✔ Embrace your inner crazy-cat lover: create an Instagram account for your pets and commit to a photo a day.
- ✔ Want to travel? Skip the big cities and plan a roadside road-stop extravaganza. Hit up (and snap photos of) every weird, and crazy small-town tourist trap you come across.



PLAY Yesterday's Answers
from your daily crossword and Sudoku



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A winter escapade or sunny getaway

To heck with visions of sugarplums. With temperatures plummeting, the only visions dancing in my head are of palm trees and white sand beaches. Fortunately, there are Boxing Day deals to be had on travel.

"Increasingly Boxing Day has become an effective time for many travel companies to offer deals and promotions," said Gabe Saglie, a 'deal expert' with global travel deals company Travelzoo.

"The industry as a whole has figured out that, just like Black Friday in the U.S., on Boxing Day in Canada, there is a captive audience of people on the hunt for opportunities to stretch their buying power," he said. Read on for tips on how to get the break you crave without breaking the bank.

Pick the right time to book: Flight comparison website SkyScanner predicts week three of the year will be the cheapest to book both domestic and international flights in 2017. The most expensive: week 43 for international flights and week 47 for flights within Canada in the lead-up to the holidays.

And travel in low(ish) season. You'll get the best prices on a tropical vacation if you know when travel is cheapest, says Saglie. Prices soar as high as Santa's sleigh around Christmas, but tend to drop after New Year's and begin rising steadily again through January and February.

They reach a peak in March when many schools take winter/spring break and we're all longing for some sun.

Get an all-inclusive package: If you've got enough points for free airfare or you're planning to be away for weeks, you might want to book your hotel and flight separately. Otherwise, bundling will almost certainly be more cost-effective, with companies like Sunwing offering Boxing Day discounts of as much as 60 per cent. Why? Because travel suppliers such as Sunwing, Air Transat, Signature WestJet, Air Canada and Nolitours make bulk reservations and their superior buying power keeps prices in line.

Opt for the right palm-fringed beach: Caribbean destinations see the lion's share of demand during the peak winter months, says Saglie, but you'll still find good values on package beach vacations at destinations where there are "more resorts and more hotel rooms to fill."

Good value locations for Canadians include Mexico and Cuba, as well as the Bahamas, Jamaica and the Dominican Republic. And, says Saglie, Belize and Costa Rica are becoming more affordable as direct flights increase from Canada. Travelzoo is currently offering an uber-luxurious four-star resort in Belize for $183 per night (about $160 off).

Head south of the border: Cities like Chicago and New York go on sale in January and February, says Saglie. And prices in southern California don't go up until March or April, although it boasts relatively good weather throughout the winter.

Embrace the snow: Don't want to contend with our flagging dollar? Stay home instead. Quebec City is enchanting in the snow, with its French empire roofs tufted in white and the rollicking Carnaval de Québec filling the streets with pink-cheeked children and intricate blue-tinged ice sculptures.

Better yet: it's affordable. Carnaval runs Jan. 27 to Feb. 12 and a two-night package for two at the majestic Chateau Frontenac, complete with ample buffet breakfast and passes for the Carnaval events, will set you back about $761 (visit carnaval.qc.ca).

CAMILLA CORNELL

Embrace the snow at the Carnaval de Québec. CONTRIBUTED

This is the right time to book that beach holiday. RAQUEL PEREZ PUIG

Think outside the box

There are plenty of Boxing Day bargains you may not have thought of like housewares and formal wear. METROLAND FILE PHOTO

BOXING DAY

Some great deals you may not have considered

Camilla Cornell

Bath and body product sets see big discounts. HANDOUT

Stock up on scented goods. Seasonal gift sets of bath and body products generally see discounts of 50 per cent or more on Boxing Day. I often pick up Old Spice gift sets for my son and Olay for myself. Why? Even at full price, these sets often offer a good deal on the deodorant, body wash and other products you use every day. At half-price they're a genuine bargain. Just toss the box and use them as needed.

Get your cold weather gear. Winter coats and boots were the top two searches for ShopBot customers on Dec. 26 last year, according to Lia Almeida, marketing director for price comparison website ShopBot.ca. "With boots we always see at least a 40 per cent price drop," she said. And even top brands like The North Face, Arc'teryx and Sorel offer sizeable discounts. But order fast, warns Almeida, as high end brands "are often the first to go out of stock."

Vacuum cleaners and other home electronics. Although the rule of thumb that you should never make a gift of anything that makes housework 'easier' still applies, Boxing Day can definitely be a good time to purchase the things you need for your home.

Almeida notes that vacuum cleaners were among the top three searches for ShopBot last year, with the most popular products being the iRobot Roomba 650 and the Dyson V8 Absolute/Slim. Other home electronics go on sale as well. For example, on Boxing Day last year, Walmart had a hand mixer on for $43 (regularly $70) and a single-cup coffee maker for $49 (regular $90).

Hunt for housewares. Bedding, dishes, pots and pans. You'll find deals on many of the household items you need on Boxing Day. Better still: Why not pick up gifts for this spring and summer's crop of weddings and wedding showers? You've probably already received the "save the date" notices.

Be warned: New winter boot sizes are often limited post-Christmas. TORSTAR NEWS SERVICE

Retailers mark down formal wear just in time for New Year's Eve. HANDOUT

Hunt for fashion finds. "We see Boxing Day as basically a 'me day,'" said Almeida. "The whole family is covered, now it's your turn to buy that outfit you want." Almeida uses the occasion to pick up fashionable splurges at bargain-basement prices. Note that glam dresses and glitzy tops and pants meant for the Christmas season are often significantly discounted and can help kit your out in style for New Year's Eve.

Make an investment in Christmas future. "Two years ago, I really wanted a pre-lit LED Christmas Tree," said Raymond Lau, of Canada Deals Blog. "But the tree I wanted retailed for $250 and there was no way I could justify spending that much."

What happened on Boxing Day? "Low and behold, the tree that I wanted was on sale for 80 per cent off. I was so glad I waited or I would still be kicking myself," he said.

It may seem counter-productive to buy an artificial Christmas tree, decorations or ornaments the day after the gifts have been opened and the turkey served, but prices drop by a minimum 50 per cent and sometimes as much as 90 per cent, according to Lau. The reason: Retailers don't want to store them for a year. You, on the other hand, can always find room in the crawl space, right?

Shop for upcoming birthday parties. Toys often go on sale at 40 per cent off or more, so it can be a good time to stock up on Baby Alive or Lego for your kids' upcoming obligations. That way you'll have a full 'present cupboard' and you won't have to rush out and pay full price with the big day looming.

When it comes to toys, Lego sets are a bargain on Boxing Day. THE ASSOCIATED PRESS

It's a wrap. Pat O'Neill, of Toronto, buys her wrapping paper for next Christmas on Boxing Day. "It's always 50 per cent off," she said. "I store it in a long Rubbermaid container under the stairs." O'Neill points out that, while you'll find many sales leading up to Christmas, retailers almost never put cards and wrapping paper on special. "Cards and paper are expensive," she said. "And honestly, there is so much to do at Christmas, it is nice to know it's there and I don't have to go out and buy it."

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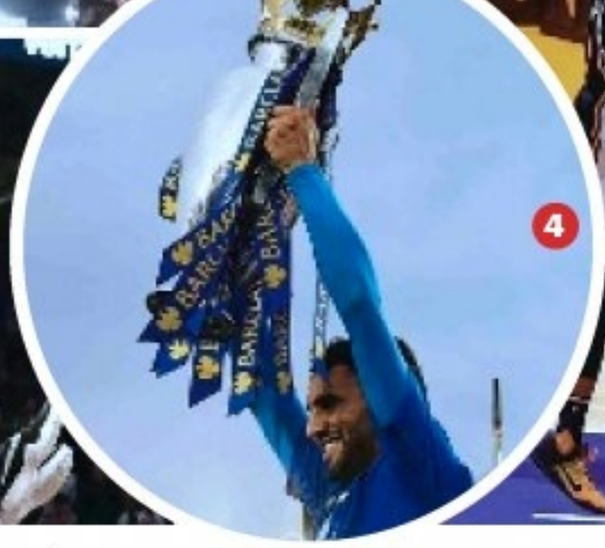

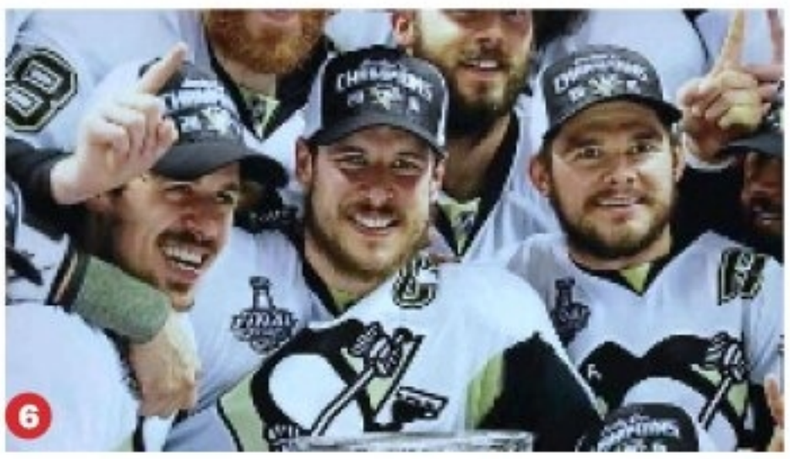

Best sports moments of 2016

1 **Feb. 7, Santa Clara, Calif.** — Peyton Manning won his second NFL title in his final professional game as the Denver Broncos toppled the Carolina Panthers 24-10 in Super Bowl 50. RONALD MARTINEZ/GETTY IMAGES

2 **Feb. 13, Toronto** — Minnesota high-flyer Zach LaVine won the dunk competition, but the All-Star crowd really warmed to Orlando upstart Aaron Gordon's hops. ELSA/GETTY IMAGES

3 **April 14, Los Angeles** — Kobe Bryant upstaged the Golden State Warriors' record 73rd win of the season with an incredible 60-point performance in his retirement game. JUAN OCAMPO/NBAE VIA GETTY IMAGES

4 **May 7, Leicester, England** — Riyad Mahrez and Leicester hoisted the Premier League trophy in one of the most unexpected championship wins in sports — ever. LAURENCE GRIFFITHS/GETTY IMAGES

5 **May 15, Arlington, Texas** — The Jays got the knockout in October, but Texas' Rougned Odor's shot will stand as the counterpoint to Jose Bautista's batflip. RICHARD W. RODRIGUEZ/STAR-TELEGRAM VIA AP

6 **June 12, San Jose, Calif.** — Sidney Crosby's Pittsburgh Penguins — hockey's hottest team in 2016 — turned around a scuffling season to win the Stanley Cup. BRUCE BENNETT/GETTY IMAGES

7 **June 19, Oakland, Calif.** — LeBron James' block on Andre Iguodala sealed the Cavaliers' come-from-behind championship win over the Warriors' and created an iconic image of The King's greatness. JOE MURPHY /NBAE VIA GETTY IMAGES

8 **July 10, Saint-Denis, France** — WIth Cristiano Ronaldo sidelined due to injury, Portugal still managed to stun France on home turf to win its first-ever European Championship. PATRIK STOLLARZ/AFP/GETTY IMAGES

9 **Aug. 17, Rio de Janeiro** — Andre De Grasse couldn't catch Usain Bolt on the track, but the pair's bonding moment during the 200-metre semifinal capitvated the country. OLIVIER MORIN/AFP/GETTY IMAGES

10 **Nov. 2, Cleveland, Ohio** — The Chicago Cubs came back to win the World Series in Cleveland, ending a 108-year drought and giving hope to tortured sports fans everywhere. EZRA SHAW/GETTY IMAGES

11 **Nov. 27, Toronto** — Ernest Jackson hung onto his OT touchdown to give the Ottawa Redblacks a 39-33 win over the Calgary Stampeders in an all-time Grey Cup upset. NATHAN DENETTE/THE CANADIAN PRESS

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9	7	1	5	3	8	6	2	4
6	4	8	2	1	7	3	5	9
8	2	6	3	5	4	9	7	1
7	1	4	9	6	2	8	3	5
3	5	9	8	7	1	2	4	6
1	6	3	7	8	5	4	9	2
5	9	2	6	4	3	1	8	7
4	8	7	1	2	9	5	6	3

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✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Amazing surprises will come to you through friends and partners at this time. Some of you will get a surprise marriage proposal.

Taurus April 21 - May 21
Unexpected good fortune that impacts your health, as well as your job situation, surrounds you now. Many of you will land a good job that was not expected to come your way.

Gemini May 22 - June 21
A sudden opportunity for a vacation looks fabulous! Others might have surprising news regarding children, babies and romance. It's a great day to party! Some families will expand.

Cancer June 22 - July 23
Unexpected real-estate opportunities might drop in your lap at this time. If so, you will have to act fast. These chances will not come again, so do what you can to easily take advantage of them.

Leo July 24 - Aug. 23
Today is full of surprises in many respects. New faces, new places and new ideas will stir your life and encourage you to move in a new direction.

Virgo Aug. 24 - Sept. 23
Unexpected chances to boost your income are likely at this time. If this happens, be ready to act quickly, because your window of opportunity is brief.

Libra Sept. 24 - Oct. 23
Lucky Jupiter is in your sign, and today it is dancing with unpredictable Uranus. This means that sudden, unexpected good fortune will come your way. Fingers crossed.

Scorpio Oct. 24 - Nov. 22
Something happening behind the scenes might mushroom suddenly into a wonderful advantage for you. Whatever happens will make you feel pleased and happy.

Sagittarius Nov. 23 - Dec. 21
A friend or a member of a group might suddenly come forward with a wonderful suggestion that helps you in a positive way. It might change your future goals or expand your life.

Capricorn Dec. 22 - Jan. 20
At this time, you definitely have a chance to put your name up in lights. Wonderful opportunities are bubbling all around you. Expect a miracle.

Aquarius Jan. 21 - Feb. 19
Surprise opportunities to travel might materialize at this time. Others might suddenly decide to get further education or training. Great idea.

Pisces
Feb. 20 - March 20
Unexpected inheritances, gifts, goodies and favours from others can come your way at this time. Make the most of this and use this advantage wisely.

CONCEPTIS SUDOKU by Dave Green
Every row, column and box contains 1-9

4			2		5	7	1	
	2	1		6				9
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MAKE IT TONIGHT

Hearty Chicken (or Turkey) and Rice Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you had turkey yesterday, here's a way to use up the extra. If not, pick up a rotisserie chicken on the way home and this soup will be on the table in 20 minutes.

Ready in
Prep time: 5 minutes
Cook time: 20 minutes
Serving: 6 people

Ingredients
- 2 Tbsp olive oil
- 1 onion, diced
- 4 carrots, peeled and diced
- 4 celery, trimmed and diced
- 1 Tbsp fresh thyme
- 6 cups low-sodium chicken stock
- 3 cups leftover turkey or rotisserie chicken, shredded
- 1 1/2 cups frozen corn (4 cobs with the corn sliced off)
- 1/2 cup fresh dill, chopped
- 1/4 cup lemon juice
- 2 cups cooked rice
- Salt and pepper

Directions

1. Place oil in a large pot and bring to medium heat. Add onions, carrots and celery and sauté for three minutes, until the vegetables start to soften. Add the thyme and stir.

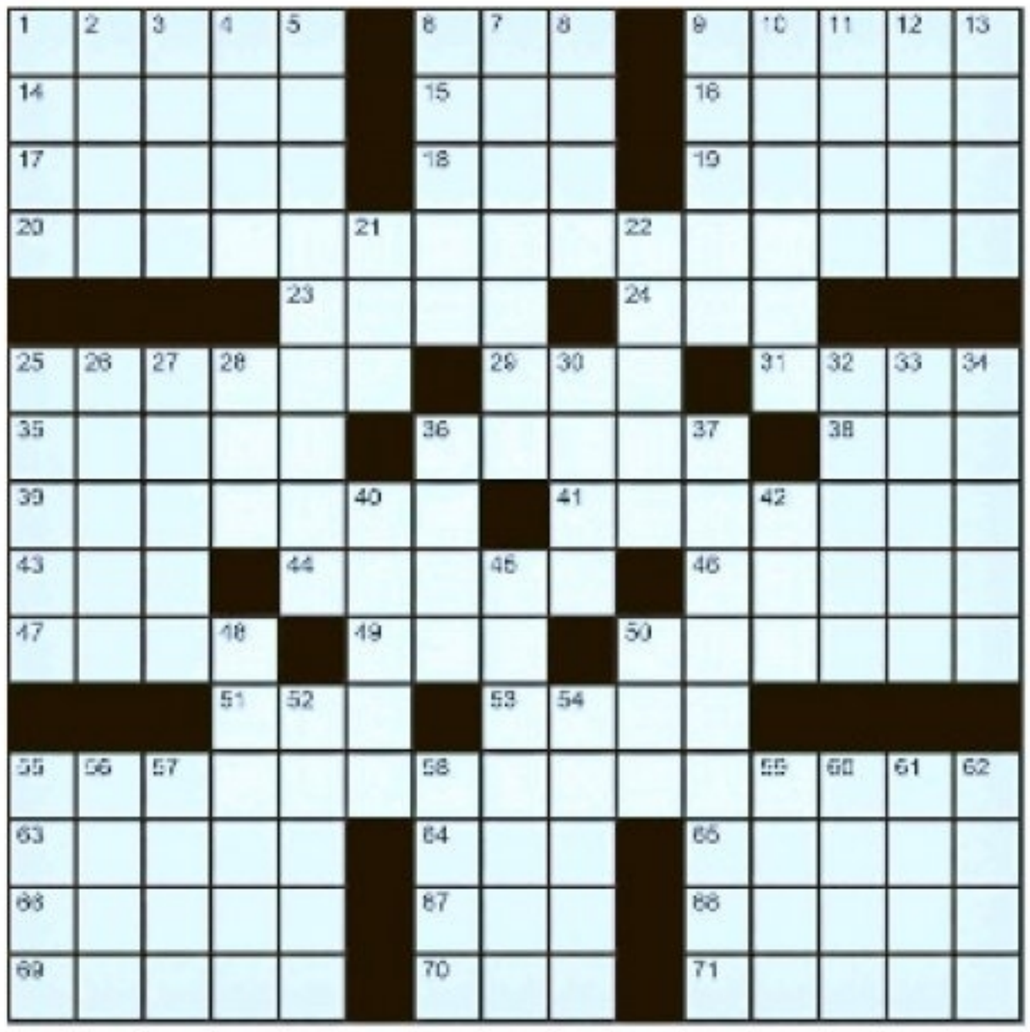
2. Pour the stock into the pot. Now add the chicken, corn, dill, lemon juice and cooked rice. Taste and add salt and pepper to taste.

3. Let cook 20 minutes before serving

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Fashion designer Mr. Jacobs, and namesakes
6. __-Beauport, Quebec
9. Messy fight
14. "Vega$" star Robert
15. Ms. Longoria
16. Flood embankment
17. Gladiator's 801
18. __ painting
19. Torpid
20. Toronto's Eaton and the West Edmonton Mall: 2 wds.
23. Agenda
24. Compete
25. Beach shoe
29. British singer Rita
31. Mr. Mineo's
35. Scottish television personality Mr. Ferguson
36. Catty, as a remark
38. "Phooey!"
39. Paper-folding art
41. Alberta town; or, British luxury car
43. Pre-Dec. month
44. Short messages
46. Fad
47. Meadow moms
49. Highway topping
50. Hot Wheels item: 2 wds.
51. Boo-__ (Sniff!)
53. Hawaiian island
55. Store tactic to draw customers, as on Boxing Day: 3 wds.
63. Enter the data
64. Fish story
65. Cornered: 2 wds.
66. Theatre's surface
67. Bird of New Zealand, once
68. First Aid Kit netting
69. "The Planets" composer Gustav
70. "State __ Main" (2000)
71. Enroll

DOWN
1. Mires
2. "__ of Triumph" (1948) starring Ingrid Bergman
3. Puerto __
4. USSR, to Russians
5. Acadian Peninsula town in New Brunswick
6. "Bleeding Love" by __ Lewis
7. "Sur le Pont d'__"
8. Math class [abbr.]
9. Russian pancake
10. Annuities, in French
11. Declare with certainty
12. "The Way We __" (1973)
13. Allows
21. __-defined
22. Dodge
25. Tea party biscuit
26. Archery weapon
27. Gullible
28. Archaeological site
30. Grill servings
32. What the insurance commercials duck says
33. Broadcaster Ms. Gibbons
34. More bashful
36. The Ramayana heroine
37. Say "You can do it."
40. Detroit aka The __ City
42. Attempt
45. Environmental deterioration
48. Half-a-cardigan garments
50. __ Guess Who
52. Band of eight
54. Onward
55. Gossip
56. Particular preposition
57. Fire __ (Type of gem)
58. Operatic soprano Ms. Gluck
59. Oliver's comedy partner
60. Border on
61. Loaf around
62. Glancer

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know a little something extra means a lot this time of year, so 15 lucky Birchwood Credit Solutions stomers got a special surprise. Our giveaway winners don't have to make any of their December payments this year. Here's what a few of them had to say when we called with the news:

I'm liking you a lot right now!

I feel like I've got butterflies in my tummy right now, thank you Birchwood.

The best Christmas ever. I just won Christmas!

Because you're doing this for me, I'll pay it forward this week too. I know Rosberg House is in need of toys.

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